

Bavarian News

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U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

October 1, 2008

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NEWS FOR VETS

Retiree Appreciation Day set at Grafenwoehr Oct. 25

by JOHN CURRIE & DAVE STEWART
Special to the Bavarian News

The U.S. Army Garrison Grafenwoehr, in partnership with the Grafenwoehr Retiree Council, will host its Retiree Appreciation Day Oct. 25 from 7:30 a.m. – 3:30 p.m.

"We try to provide a one-stop-shop once every year to focus on the services military retirees need, such as ID cards, medical and dental screenings, and information ranging

from benefits to legal assistance," said John Currie, USAG Grafenwoehr's retirement services officer.

The event will be held at Bldg. 244, just inside Gate 3. Registration begins at 7:30 a.m. and the information booths open at 9 a.m. A second registration point will be at the Grafenwoehr health and dental clinics, where there will be a health fair. The health fair includes medical

and dental screenings. Follow-up dental appointments will be made for the afternoon (there will be no medical appointments) and information booths.

The Health Clinic will provide immunizations (flu and Pneumovax), optometry, audiology and nutrition information, and diabetic foot screening.

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REFLECTIONS ON DEPLOYMENT

Cavalry commander looks back on mission

by MARK HEETER
Schweinfurt CI Chief

Note: Lt. Col. Christopher Kolenda, 1st Squadron, 91st Cavalry commander, offered an operations briefing from the unit's recently completed mission in Afghanistan, in his headquarters Sept. 17. This article is the first of a three-part series taken from the operations briefing.

While the nomenclature "N2KL" might appear sophisticated and futuristic, it was on the other end of the planet from sophistication in mid-2007.

Nangahar. Nuristan. Kunar, Logwar. N2KL was the abbreviation for the border provinces in eastern Afghanistan that comprised the 173rd Brigade Combat Team (Airborne) area of operations during the recently completed deployment.

"When we got there in June of 2007, this was one of the most highly contested areas in the country," particularly in the north, said Lt. Col. Christopher Kolenda, commander, 1st Squadron, 91st Cavalry Regiment, during a mission briefing explaining the squadron's slice of the 15-month deployment.

The "Airborne Cav," primarily stationed in northern Kunar and eastern Nuristan provinces, encountered high levels of contact, large groups of enemy fighters early on, he said.

According to Kolenda, Afghan society had "fallen apart" and "collapsed" in this region and was teeming with militants who were ready and very willing to fight.

About 190,000 people, about 60 percent of whom were less than 25 years old and largely illiterate, created a vast pool of tens of thousands of potential fighters, Kolenda said.

See COMMANDER Page 23



Photo by Spc. Micah E. Clare

After launching a grenade, Staff Sgt. Brent Adams, a scout section leader from the 3rd Platoon, Anvil Troop, 1st Squadron, 91st Cavalry Regiment, 173rd Airborne Brigade Combat Team, reaches for another round while sprinting to his vehicle when a torrent of automatic weapons fire erupted from a nearby hill in Bermel district, Paktika province, Afghanistan, July 16, 2007.

GUILTY PLEA

172nd Soldier sentenced for role in 2007 Baghdad murder

JMTC news release

Spc. Belmor Ramos, 23, will be dishonorably discharged and serve seven months confinement for his role in an incident that occurred during March/April 2007 in Baghdad, Iraq.

Ramos, a soldier assigned to the 1st Bn., 18th Inf. Regt. pleaded guilty to charges of conspiracy to commit premeditated murder, Sept. 18. As part of his guilty plea, Ramos agreed to testify in the trials of the other Soldiers charged, if needed.

Criminal charges have been preferred

against Master Sgt. John E. Hatley, 40; Sgt. 1st Class Joseph P. Mayo, 27; Sgt. Michael P. Leahy, Jr., 26; Staff Sgt. Jess Cunningham, 27; Sgt. Charles Quigley, 28, and Spc. Steven Ribordy, 25.

The sentencing took place after about 45 minutes, concluding the court-martial proceedings against him at the courthouse in Rose Barracks in Vilseck.

Ramos's sentence also included a reduction to the rank of private (E1), forfeiture of all pay and allowances and a dishonorable discharge from the U.S. Army.

Ribordy's trial is slated for tomorrow.



For full coverage of Charging Boar 2008, see Page 3.
Photo by Mary Markos

FUEL CARD UPDATE

Present proper paperwork prior to pumping fuel

Information taken from IMCOM-E and AAFES news releases

As of Sept. 22, the Army & Air Force Exchange Service will require everyone purchasing fuel at AAFES facilities to show the proper paperwork (ID card, Germany Ration Card / Gas Coupons and Vehicle registration) prior to pumping.

Requiring this check prior to pumping is necessary to protect the tax free fuel benefit for U.S. Forces within Germany. Customs requirements

established by the German Ministry of Finance must be complied with as required by the Status of Forces Agreement.

The German government asked the U.S. Forces in Germany to change from fuel coupons to an automated fuel ration card.

The change from fuel coupons will take place gradually through each military community across Germany from July to November in 2008.

BE AWARE Page 23



Coupons use extended through Nov. 30

■ The current Germany Series POL Coupons with an expiration date of Sept. 30 will be extended for acceptance at ESSO, ARAL Stations on the Autobahn and AAFES Gas Stations through Nov. 30. The extension through Dec. 31 is being worked at this time. All facilities should still have a stock of fuel coupons available for sale for those customers who have not been converted

See AAFES FUEL Page 23

Q&A

When will it snow; looking forward to it?

(Responses from Ansbach personnel)



Sgt. 1st Class Chris Seaton

Whenever it happens, I **look forward** to it. I got to see pictures of my kids playing in the snow while I was in Iraq so it'll be nice to be there with them.

John Britton

"Jan. 1 for the first snowfall. I'm **looking forward** to it because my children are from Arizona, so we like to play in the snow. We do snowball fights, build snowmen, and make them shovel—put them to work."



Sgt. Phillip Arellano

"I think Oct. 14 will be the first snowfall. I'm **not** really looking forward to it because when we're working the road we don't wear much cold-weather gear and I need to buy some more."

Staff Sgt. Dale Bowen

"Definitely in October. Work related, I'm **not** looking forward to it because people become careless... I **look forward** to it because my son really likes to play in the snow."



Jeffrey Mitchell

"In January. The last two winters have been mild, but German weather is unpredictable, so you never know. I'm **not** looking forward to it because I live on a hill and the driving is really tough..."

Sgt. Brandon Little

"I'd like it to be in December, but I think it'll probably be in November because I'll be in the Warrior Leader's Course and I'll either have to shovel it or lay down in it."



Curtiss Johnson

"Nov. 15, because we're going to have an early winter—it is already chilly out. I'm **not** looking forward to it because it means the end of sunshine—I'm a warm weather guy from Florida."

Mohamad Alkadri

"I think the first snowfall will be around early January. I hate the cold and I hate the snow, but it is a good time to get out there with the kids and get some good playing time in with them."



COMMANDER'S MESSAGE

Reintegration, deployment make for a challenging fall

Fall is here and by Thanksgiving we will have reintegrated more than a brigade's worth of forces and have deployed a brigade's worth of personnel and their equipment.

This is a huge undertaking and one that involves the entire community. Our medical and military personnel experts will be very busy processing Soldiers going to and coming from combat.

For those Soldiers and their families, the redeployment is an exciting time, full of anticipation and plans for the future.

For many families, this is also a time of the unknown—how will the spouse reintegrate within the family.

Likewise, the families of

our deploying Soldiers are busy making the best use of remaining time to enjoy their loved ones and prepare themselves for the deployment.

There is a common bond among these two groups going through reintegration and deployment. Both groups know the stresses, and both know that they must rely on each other to see the cycle through.

Our Army Community Service personnel are also very familiar with the ups and downs and know how to help; many of our ACS workers and volunteers are military spouses and have firsthand knowledge.

We will also honor approximately 150 retirees on Oct. 25, right in the middle of

the action. These retirees come from distant points in Europe to enjoy military medical and dental services.

We ask for your consideration

as we surge our limited services to accomplish reintegration and deployment; expect an increase in wait times for medical, dental, military personnel, and ACS services. In anticipation of

accomplishing the fall mission, we have requested reinforcement for these impacted areas.

Of mentioning is the fact that our services are manned by spouses. In fact, spouses make up some 80 percent of our workforce that includes ACS, AAFES, and commissary, just to name a few.

Reintegration and deployment activity is a community wide event that requires community cooperation.

Many of our families will enjoy a well deserved leave with their spouses during this holiday season.

There are now and will certainly be many full or part time positions that can offer folks additional income, and can provide the community with a way to ensure we maintain adequate services.

As an example, our AAFES stores are short—160 personnel and are seeking workers right now. Similar shortages reside in our Family, Morale, Welfare and Recreation.

Reintegration and deployment activity is a community wide event that requires community cooperation. For one within the community, I am proud to be a part of this tremendous effort and look forward to accomplishing our mission together.

*Col. Chris Sorenson
Commander, U.S. Army
Garrison Grafenwoehr*

FOR THE FAMILY

Think we're too tough on our kids?



JACEY ECKHART
On the Homefront

In the Court of Mommy Opinion at our bus stop, I have been judged and found wanting. This time I committed the unpardonable act of making my freshman in high school (gasp!) walk to school. That's right. He missed the bus so I made him walk 1.62 miles across flat ground under a blue sky to get to school.

I know, I know. I ought to be shot. Or at least yelled at.

"But what if he is late!" asked the lawyer mom.

"Then he'll be late," I said. "It's his life. His tardiness. His detention. He'll deal with it."

The moms exchanged looks. For a minute I thought one of them would jump in her minivan and rescue Sam's poor widdle feetsies. But his feetsies are bigger than mine. He's taller than me. I think he can run a mile wearing football pads in, like, six or seven minutes.

"I told your husband last week that I drive by the school every day at 6:45," the social worker mom told me. "But your husband said he wasn't even going to tell Sam it was an option!"

I smirked. Brad and I know our kid. With an offer like that, Sam would be chauffeured to school by the neighbor every day. That isn't part of our family plan.

Then the social worker mom instructed me on how the synapses of a high school kid

aren't fully connected. Finally she sniffed and declared, "You military parents are so much tougher on your kids."

I went home and spent the rest of the morning wondering if she was right. Are we military families tougher on our kids than other people? Are we too tough?

I'm sure some of us are too tough. Just like so many civilian parents, I'm sure some military parents veer toward child abuse or child neglect. But we aren't really talking about that here. We're talking about whether our military culture makes parents demand too much of their kids.

I know that Brad and I do expect a lot from our kids. I don't mean good grades or sports or that kind of thing. I'm saying that our military life is so demanding that we expect/need/require our kids to be as capable as they possibly can be. When they were toddlers, we taught them to dress themselves. As preschoolers they set the table and picked up their toys and stayed close to us at the airport overseas. Over the years they've set up their own play dates and completed their own homework and remembered their own sports equipment and cleaned the kitchen and ironed shirts and I don't know what-all. I just know that every year added a little bit to what we expected them to do for themselves.

I don't call that particularly tough. I don't think it is too much to ask a 14-year-old to set an alarm clock. To get himself dressed. To

get himself on the bus and to school on time. That isn't cruel. That is teaching self-efficacy. Our goal is that by the time our kids are 22, they won't need anything from us but love and encouragement.

One of the things I've learned from building my life among military families is that happiness doesn't necessarily come from an easy life. Instead it seems to come from knowing yourself to be an effective person. To know that you can act and make things better. To know that you are a doer among doers.

It is hard to raise that kind of kid in our helicopter parent society. It's hard to listen to the moaning and groaning of a teenager and to stand firm. But we military families, perhaps even

more than other families, know that we must.

It's a practical necessity. We expect our military families to be capable of handling more than the average civilian family. To be able to do that, the family must be a functioning unit much like every other functioning squadron or battalion or department. Every member must pull his own weight or the unit suffers.

Military family life is too much for one person to pull alone. Husbands, wives, grandparents, kids -- we need everyone at their efficient best. And that is not too much to ask.

A 19-year military spouse, Jacey Eckhart is the host of "The Jacey Eckhart Show for Military Families."

One of the things I've learned from building my life among military families is that happiness doesn't necessarily come from an easy life.

THIS SPACE IS RESERVED FOR YOU!

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Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Bamberg, Schweinfurt, and Garmisch

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REDEPLOYMENT 101

Tips for kids during redeployment



Photo illustration by Sgt. Stephen Morgan

Learn how to help your child adjust

by MARY MARKOS
Bavarian News

Note: This article is the first of a four-part series on helping military families cope with redeployment issues.

Ten-year-old Darron House can't wait for his dad to come home to wrestle with him. For the last year he has been practicing his moves and preparing for the day when he will hold his father to the mat as the count expires. Darron imagines it will be a tough fight, but he knows it is not a matter of win or lose, but a matter of spending precious time with his father, who will redeploy from his third tour in Iraq next month.

For the more than 2,000 children of the 2d Stryker Cavalry Regiment, however, the joy of having a family member return often puts a child against the ropes as they deal with mixed emotions of the long anticipated reunion. Dr. (Maj.) Jeffrey Hill, Chief Child and Adolescent Psychiatry at Landstuhl Regional Medical Center, has four children and gained firsthand experience after his return from a 17-month deployment to a combat zone. Redeployment and reuniting, he said, often causes as much stress as the initial farewell.

Anticipation
The days and weeks leading to a parent's return home fills children of all ages with intense anticipation. Younger children who have been disciplined with "wait till your father gets home," may fear the return of the parent. Older children who understand that the return will alter family dynamics may question where they will fit in, and may even have feelings of guilt

about not living up to the expectations of the deployed parent. Children of all ages may fear the uncertainty, and many, said Hill, may react with temper tantrums, sadness, ignoring the returning parent, or emotionally distancing themselves from the family. It is an emotional time, and communication is key to a happy and healthy reintegration, he said. "The kind of communication kids need is basically knowing that the returning Soldiers is there for them and that the home is a safe place," explained U.S. Army Garrison Grafenwoehr Deputy Chaplain (Lt. Col.) David Scheider. Communication, both in the weeks before and after the return of the Soldier, will help curb disillusionment and unrealistic expectations.

Children often create a superhero image of the redeploying parent, or they may create a picture in their mind of how the parent will interact with them, said Hill. Discussing these expectations helps a child understand that an undesired response by the returning Soldier has more to do with the Soldier than the child. It is important for the child to discuss not only what they expect the parent to do, but how different reactions will make them feel. Communication will also help older children know what to expect as the returning parent steps back into their pre-deployment role. Teenagers may feel anxious, not knowing what will now be expected of them. Hill said it's important for the family to discuss the shifting of roles and responsibilities prior to the Soldier's returns.

Reunion
After redeployment, Hill said

parents should take the time to get to know their children again, paying special attention to talking and interacting with the child at the child's level. Redeployed Soldiers should try to adjust to who the child has become—older and more mature with varying new interests and thought patterns. "It was hard for me to think of them as their actual age," said Hill, of his own children after his redeployment. "You've got to find out how they've changed and change yourself to adjust to that."

Common reactions during the adjustment period include:
■ Infants and toddlers may not recognize the returning parent. The child may cry, cling to the parent who did not deploy, and may experience changes in eating and sleeping patterns, often regressing. Parents of children at this age need to interact with the child as much as possible, being careful not to force affection.
■ School age children may be anxious about how they will be perceived by the returning parent. Those who have experienced a deployment before, or understand that another one is possible, may check to see if the parent is still there throughout, and display fear each time the Soldier leaves the home. Parents need to avoid criticism and praise the child as much as possible. Parents should talk to the child about their feelings and show more physical attention than usual. Experts suggest that maintaining daily routines for school age children helps ease the reintegration.
■ Teens are often concerned about the changing roles and responsibilities redeployment brings. They may be moody, distant, and rebellious. Promiscuity, alcohol, and drug use can become a problem. Parents need to stay engaged and be physically and emotionally available to the teen. It is important for parents to respect the teen's privacy, and parents should not judge or tease the teen.

Adjustment
One of the first steps to a healthy

reintegration, suggests Hill, is having the returning parent simply observe the family members and the new family structure. "The redeployed parent should follow the lead of the non-deployed parent, ie. watch and learn how things run in the family now." Immediately changing the child's rules and routines upon returning can lead to confusion and resentment. Discipline should be shared and agreed upon by both parents, with the returning Soldier easing into the role, not charging in and taking control, said Hill. "They should discuss what they think they should do with the spouse in advance..." "The key thing is the non-deployed spouse has a chance to agree or disagree with a proposed plan or give additional insight...perhaps she has already tried what is being suggested etc."

"A redeployed parent has the risk of being out of tune with a child and may make well intended blunders if they act unilaterally without the insight of the non-deployed parent," he said. Children who have grown significantly more protective of their non-deployed parent over the last year may be sensitive to the words and conversational tone their parents use. Disagreements between parents should remain civil, and parents should reassure them that disagreements are a natural part of life not the child's fault. Reintegration, said Hill, should be a slow process, with the Soldier spending time with each family member individually. With nearly half of 2SCR families experiencing their second or third deployment, and with future deployments ever looming, Hill said it may be unrealistic to expect families to become "normal" during dwell time. The nature of military life is not normal, per se. Parents, however, are encouraged to provide their children with as much structure, stability, and security as they can. "Structure in the home is usually good," he said. "Stability in the home is vital!"

Spotlight on Education



Name: Ann Arnold
What grade and subject do you teach? First Grade at Hohenfels Elementary
Hometown: Monongahela, Penn.
How long have you been a teacher? 14 years total, 11 of them with DoDDS, all of which have been in Hohenfels
What do you enjoy most about teaching? I love watching the children bloom throughout the year. They start the year as clingy little kids and end up so independent. I like watching them learn reading and writing.
What advice can you give students to help them succeed? Always keep trying.

Do you have an opinion, or something you'd like to share with the community? Do you have a complaint, request, or compliment? Write a letter to the editor today! Call 475-7113.

Grafenwoehr, host nation officials test emergency response

by MARY MARKOS
Bavarian News

Sirens, smoke, and the screams of children filled the air Sept. 12 in Vilseck as more than 60 youth were "taken hostage" at the elementary school. Six of the children huddled around a phone speaking to emergency services as a member of the Islamic Brotherhood of Martyrdom placed explosives and trip-wires, barricading him and the children in. The school grounds looked like a war zone as cars burned and the wounded struggled to find shelter. The captor, the wounded, and the explosions that shook the school were part of the scenario from U.S. Army Garrison Grafenwoehr's Charging Boar force protection exercise. The annual event is a crucial test of U.S. and host

nation crisis and consequence management. In coordination with local authorities and host nation first responders, the exercise, which began days before with reports of anti-U.S. groups meeting in Frankfurt and Munich, included a suspicious package found at the Vilseck Post Exchange, terrorist activity at the Vilseck main gate, and Junior Reserve Officer Training Corps members held captive in the elementary school multi-purpose room. "The scenario, quite frankly, was dynamic," said Col. Nils "Chris" Sorenson, USAG Grafenwoehr commander. "We took it to a new level of reality. We reached a wide range of what could be translated to, not only radicalized Islam and those types of branch activities that happen off of extremism, but also other forms of asymmetric." A similar hostage situation took place in Beslan, Russia in 2004 resulting in the death of

172 children. While the emergency sirens were, at times, drowned out by the drumming of rain, emergency responders ensured Vilseck children would not suffer the same fate as they responded from the counties of Amberg and Sulzbach. Designed to train not only the U.S. forces and garrison's response to a crisis, the exercise, which lasted late into the night, rehearsed a joint coordination of neighboring fire departments, U.S. Military Police and local Polizei. The real heroes, said Sorenson, were not only the first responders and the emergency crews that prepared stretchers to carry the wounded and prepared to pump water from a nearby lake to put out the fire, but a Vilseck resident who provided aid to three wounded participants at her house. Unaware of what was to come, Maureen Voorhees, a family childcare provider who lives

adjacent to the school watched the smoke curl over the building when she saw two teens and a paramedic struggle to make it across the street. She quickly provided assistance and blankets, sitting with the wounded until the school was cleared and safe for responders to enter. "That's the nature of who I am," she said. "If I didn't act, who would?" Following the exercise, Sorenson said he felt certain that other citizens would react in the same manner if a real crisis were to occur. He said the mission of the garrison is to remain proactive, not reactive. "We used a wide range of terrorist-threat scenarios to fully test the ability of our organizations... the central theme of our exercise says it all, prepared communities save lives." To remain proactive, the garrison examines external and internal threats and their ability to deal with them on a weekly basis.

Spur Ride

2SCR spouses tackle Soldier duties

Story and photos by
ALICE ADLER

Special to the Bavarian News

In the early morning hours of Sept. 5-6, over 120 spouses of the 2d Stryker Cavalry Regiment gathered at Rose Barracks in Vilseck to start the trial know as the Spouse Spur Ride.

They split into groups and spent the day marching and running from one station to another all over Rose Barracks in their quest to earn their spurs. Many of them wore their spouses' Army Combat Uniforms as they sought to prove to themselves that they could compete in the grueling all-day event.

The spouses were given a modified physical training test and taught to fire weapons in the weapons simulator. They learned some combat first aid and were put through their paces wearing mission oriented protective posture gear.

Another station had them racing to change a tire on a Humvee, then



Theresa Honigberg tightens the nuts on a Humvee tire during the 2SCR Spouse Spur Ride.

learning how to escape one in the event of a roll over. At the end of the day, the exhausted but happy participants accepted the spur charms that they will wear with pride.

Earning spurs in a series of tests known as a "Spur Ride" is a rite of passage for cavalry Soldiers dating back to the days of horses.

A Soldier who has earned his spurs gets to wear the distinctive accessory for life. Capt. Meghan Underwood and Sgt. 1st Class Noah McConnell put together the event with help from the rear detachment teams from all of the squadrons in the regiment.

"It's something the Soldiers go through as part of a (cavalry) unit," Underwood said. "We wanted to give spouses a chance to earn their spurs as well."

The spouses were a motivated bunch, wanting to show their deployed Soldiers what they can do.

"My husband has been in the military for seven years," said Andrea Nelson. "I've wanted to experience what he goes through every day."

Rebecca Kramer agreed. "My husband got his spurs and I wanted to see what he went through," she said.

The spouses were excited to tell their Soldiers about their ordeal.

"I wanted to make my husband proud," said Cecille Newbury.

The weapons' training was a popular station for the spouses.

"I've always wanted to shoot a gun," said Sharnay Jones. "I got to shoot a weapon that my husband uses."

The spouses also enjoyed learning to change Humvee tires.

"I liked changing the tire, you had to use more teamwork," said Berni Harris.

The Soldiers running the events were pleased to see so many spouses out giving their all. Sgt. 1st Class Alexis Santiago was impressed with the motivation and teamwork of the participants.

"One woman was out here preg-



Rebecca Kramer assesses a casualty during 2SCR's Spouse Spur Ride, held Sept. 5-6 in Vilseck.

nant. Her team was pushing her in a cart. That's pretty Hooah!" he said. "They're doing it for their husbands, it's not about them."

"They're doing good," noted Staff Sgt. E.E. McCray as he put a few volunteers through some extra PT. "It's about who wants to go that extra mile."

The groups were lead by volunteer spouses who had earned their spurs previously.

"I wanted to see the ladies do it," said Sandra Brown. "I amp them up, help them to stay safe and encourage them. They are doing fabulous!"

At the end of the day a ceremony was held to present the spouses with their spurs. Event organizers recognized individual and group achieve-

ment in several of the stations.

"We found that the spouses were particularly proud of their group times on the Humvee tire change," noted Underwood.

The event was timed to be held in the last months of the regiment's deployment to Iraq.

"We wanted them to share information and help them keep their spirits up during these last months," said rear detachment commander Lt. Col. Thomas Rickard.

The teams were composed of spouses from all of the regiment's squadrons, and the event helped them network with other spouses.

"The great success of the Spur Ride was the spouses taking care of each other, just as they have through-

out the deployment. It's all about the teamwork. It's the teamwork that gets you through the tough times," said Rickard.

"It's been harder than I thought," concluded Harris. "It's all day long and it's wearing me out!"

"It was a great event and very well attended both days. That's the best part for us," Rickard said.

At the end of the day not only had the spouses proved themselves, they had a new appreciation for the job their Soldiers do every day.

"It's a great opportunity to walk in their shoes," said Brown. "It's hot in this uniform! I really appreciate my husband even more. When he gets home I'm going to massage his feet!"

There's something funny about these AFN guys

by GEORGE SMITH

AFNE Operations Manager

Nate Jones, Tony Plyler, and Trevor Pedro like sharing intimate details about themselves, their family, and co-workers with thousands of strangers. They are an odd – AFN deejays.

Nate Jones, an Army specialist hosting the AFN Bavaria morning show, wakes up his mom at 11 p.m. Colorado time to tell her he has a crush on gymnast Nastia Liukin and asks for advice on how to get the Olympian's attention.

His mom's sleepy answer of "well, charm is in the family genes just be yourself" is heard by everyone tuning in to his show. They then hear her pause, laugh, then ask, "Nathan, are you putting me on the radio again?"

Tony Plyler, an Air Force staff sergeant hosting the AFN Hessen morning show, likes to wake up co-workers with an early morning phone call and share the experience. A typical call was when listeners got to overhear Plyler call his (then) boss, Master Sgt. Mike Wetzel, and wake him up with a series of clown horns, car beeps, and whistles followed by Plyler saying, "Master Sgt. Wetzel. It's time to play call a co-worker. How you feeling?"

Wetzel responded with a soft, "Who is this? Is that you Tony?" and a drawn out "well, uuhhh..this feels like torture." To listeners, the conversation sounded a lot like AFN radio's answer to reality TV.

Trevor Pedro, an Air Force staff sergeant hosting deejays shows in Naples, Italy, tells quick, light-hearted stories that tie his experiences and



Courtesy photo

AFN Bavaria's SPC Nathan Jones doesn't take his job seriously - and his radio show audience appreciates it. Here he mugs for the camera at a radio remote the day after breaking up with his girlfriend. He received a broadcast excellence award for his show this year.

family to theirs.

Tying chatter to family and friends instead of using off-color jokes and outrageous political opinions is a key difference between American Forces Network Europe deejays and U.S. commercial deejays such as Bob and Tom, Howard Stern and Don Imus. But why not use shock jock tactics on AFN?

AFN Kaiserslautern's morning deejay Demarrio Spence sums it up.

"The difference between military

and stateside audiences is that overseas there may be only one English speaking station, so the show has to be something that everyone can at least tolerate. If you hear a shock jock stateside and you don't like him, you can just turn the dial," Spence said.

AFN deejays avoid political humor and never voice their opinion about political candidates for a different reason—Department of Defense personnel can't use the airwaves as a forum for their own political opin-

ions. You'll still hear plenty of political opinion and humor on AFN radio during stateside-originating top-of-hour newscasts and shows such as NPR's Morning Edition and Rush Limbaugh.

Trying to entertain without talking about sex, politics, and religion is a bit like asking Will Ferrell to get laughs in a movie without falling down. It can be done, but it's harder. AFN Livorno deejay Marisa Gaona entertains by tying in her talk with events going on in her small community, but doesn't try for laughs.

"What might be considered appropriate in the States may be considered offensive in our military environment. That's why I tend to shy away from comedy material," Gaona said.

Jones agreed it's more risky for military deejays to use humor, but he believes when he pushes his material close to the line, the audience benefits. He laughed when he added, "Did I happen to mention that most stateside deejays have no idea what the front-leaning rest position is? I, as a military deejay, know it quite well."

A recent example of Jones pushing it to the line was when he promoted a community grand opening saying: "There's a ribbon cutting ceremony this afternoon – MAYBE," then joking that the (then) garrison commander had only "bruised" the ribbon with the giant ceremonial scissors at several past events, and might fail to cut it again.

The key to Jones entertaining the audience instead of offending was he had established a good relationship with the commander during in-studio interviews, and knew he had a good

sense of humor.

Other deejays that successfully use humor in their shows find the safest, and often funniest material is about themselves, their spouse, their co-workers and their community. Sharing "small town" military community experiences creates a one-on-one bond with the deejay and listener. Someone "out of town" just wouldn't get how it feels to start school in a foreign country, deal with 10-kilometer staus (traffic jams), jump when you're flashed for speeding (by German traffic cameras), or cope with having a loved one deployed to a combat zone.

While successfully incorporating humor into a military deejay show can be as hard as convincing a party at Oktoberfest to swap a mug of suds for a healthier glass of sparkly mineral water, the deejays feel when you try harder at something and succeed, the rewards are sweeter.

"Providing hit music, command information and a little bit of humor to a military audience is and always be a rush for me. Why else would I wake up at the crack of dawn every weekday morning to talk into a microphone for four hours?" Pedro said.

Jones' feelings are similar.

"This is the first time I really feel depended on. People look to me for information, for humor, and for that extra kick in the morning. Being an Army deejay is the best damn job in the world," he said.

Yep, even with the language he uses in his quotes, Jones comes oh so close to having to snap to that front-leaning rest position.

ACS team officially open for business

Full range of services now available, AER providing financial assistance

Story and photo by **JOHN REESE**
USAG Garmisch

The newly assembled Garmisch Army Community Service team will be holding a soft opening today in the garrison headquarters building to showcase the new programs and many offerings now available.

This special opening is to give the Garmisch community a sneak peek off what's to come.

"The staff is excited by (the) prospect of becoming a fully accredited program and offering the Garmisch community the full array of ACS services on site," said Shelly Stokes, mobilization and deployment specialist.

All community residents are encouraged to stop by to see all that ACS has to offer, said Steve Gauthier, director of Family Morale, Welfare and Recreation.

In the short time they have been operating they have already been called upon to meet the needs of several Soldiers and their families facing crisis situations...

Steve Gauthier
Director, FMWR

"A fully operational ACS program has never been available to the residents of Garmisch before now," said Gauthier.

"The range of services they are now able to provide is substantial and helps us meet the Army's promise to support Soldiers, civilians and family members no matter where they may be stationed around the world."

An Army Emergency Relief office has been added, providing Soldiers, retirees, and family members with emergency financial assistance.

"We are in the process of initiating our new 'Rock-n-Rollick' playgroup," said Stokes.

"This playgroup will serve children aged newborn to 5 years of age with a parent. 'Rock-n-Rollick' will have structured activities that will allow parents the time and opportunity to share and learn appropriate play

techniques in a fun environment!"

Even before the ACS was to officially open, the team took part in the annual full scale exercise Sept. 5 by standing up an Emergency Family Assistance Center, the first EFAC in Garmisch history, said Doris Tyler, ACS division chief.

Tyler brings 18 years of experience working in the family support arena, having served Army, Navy, Air Force, and Marine families worldwide.

Her last assignment before landing in Garmisch was as the ACS division chief at Fort George G. Meade, Md.

"Our mission is providing support services to our Garmisch customers as they live, learn and enjoy their leisure," said Tyler.

The ACS offices are located in Bldg. 203 in the formal dental clinic. They add to the "one-stop" concept of consolidating the different services provided by garrison into one building. Other important services, such as the ID card office, vehicle registration, housing, and transportation already operate in the building.

"In the short time they have been operating they have already been called upon to meet the needs of several Soldiers and their families facing crisis situations," said Gauthier. "This positive impact upon the community will grow rapidly."



Garmisch ACS employees Patty Pearce, Shelly Stokes, Kari Sharpe, and Doris Tyler look forward to providing the new and improved services.

German, American Friendship Shoot hits target

Story and photo by
JOHN REESE
USAG Garmisch PAO

Drizzly skies and chilly weather did not dampen the mood Sept. 13 at the annual German-American Friendship Shoot at Kean's Lodge.

And when the woodchips stopped flying, Oberstabsfeldwebel (Command Sgt. Maj.) Wolfgang Badstöber took home the holed yet handsome target as the trophy for first place.

The event, sponsored by U.S. Army Garrison Garmisch, drew a large number of shooters, including a strong contingent of active and reserve Bundeswehr soldiers from nearby Mittenwald.

"The shoot was a successful event," said Andrea Winter, garrison host nation specialist and primary organizer. "We had more than 100 participants even though the weather was not so ideal."

In addition to the participants, an equal number of family members and friends came to observe the competition and enjoy the animated atmosphere.

The day of live Bavarian music, steaks and brats hot off the grill, and beer made a simple test of marksmanship high above Artillery

Kaserne equal to any fest.

The competition was divided into two segments using high powered pellet rifles in an elimination round and a final round. In the first round, all participants fired at paper targets about 25 meters out.

Canopies overhead kept the shooters and observers dry as cold intermittent light rain fell during the morning hours.

After a lunch break, one canopy was marched a short distance downhill to a 50 meter range and the target for the final round.

A hand painted wooden disk the size of a dinner plate with a tiny bull's-eye in the upper right was tacked to a sheet of plywood and backed up against the tree line.

The longer distance for the pellet rifles together with the dark skies, the shade of the trees, and the persistent drizzle made accuracy difficult for the 14 finalists.

The final round was dominated by German soldiers and civilians, to include the teen daughter of overall winner Badstöber.

A Bundeswehr reservist, Tom Krappman, took second place, while garrison motor pool employee Andi Viessmann, a German civilian, took third.

Two American garrison civilians, head of public works Russ Stokes and Auto Hobby



Bundeswehr reserve Oberleutnant (1st Lt.) Thomas Krappmann takes his shot in the final round and finishes second.

Shop manager Bob Laird, took fourth and 12th place, respectively.

"The German-American friendship shoot on Saturday was just another testimony of the strong bond between our two nations, especially with the citizens of Garmisch-Partenkirchen

and the surrounding area," said retired Brig. Gen. (Dr.) John Rose, director of the Marshall Center.

"It was a fun event, it enhanced partnership and full credit must go to Karin Santos and her team for bringing us all together," he said.



On Display

German photographer Harald Hauswald talks about his photo display with Command Sgt. Maj. Janssen, a participant in the Marshall Center's International Senior Enlisted Seminar, Sept. 8 at the opening reception for Hauswald's "Mythos Osteuropa" exhibit.

Photo by Karlheinz Wedhorn

Proposal lights up Hohenburg castle

by KRISTIN BRADLEY
Bavarian News

A castle, a forgotten promise, and a marriage proposal sound like the stuff of fairy tales. Add the U.S. Army and some high-tech lighting equipment, and the result is a modern day fairy tale with a unique twist.

Four years ago, Erwin Wolfsteiner told his daughter's boyfriend, "You have to illuminate the Zugspitze or at least the Hohenburg castle if you want to marry my daughter."

Wolfsteiner said he forgot about the challenge, but Adrian Golba, who works for a company that does lighting for stages and events, never did.

As Golba and Annemarie Wolfsteiner's six-year anniversary approached, he decided he wanted to prove his love and commitment to his girlfriend and her family, and set out to fulfill Wolfsteiner's fairy tale task.

Golba first had to get permission from the U.S. Army because the Hohenburg castle sits just inside the borders of the Hohenfels training area.

"Mission proposal" made it to the desk of Norbert Wittl with the U.S. Army Garrison Hohenfels Public Affairs Office, who forwarded the request to Lt. Col. Gary Bloomberg, garrison commander.

Bloomberg said the garrison was eager to do whatever they could to help.

Once upon a time, there was a prince who was an electrical engineer who worked for Hohenfels...

"Lt. Col. Bloomberg supported this request from the beginning," said Wittl.

Wolfsteiner works as an electrical engineer for the garrison, so the mission was kept secret to make sure he did not hear of the plans before the big night. Very few people in the garrison were aware of the mission in an effort to keep security as tight as possible.

The people of Hohenburg also had no idea of what was going to happen. Even the city council met in the local town hall not knowing what was about to happen in the castle above.

With help from his coworkers at his company Pro Event, Golba set up generators, lights, and other equipment, leaving his friends to flip the switch when darkness fell.

Shortly after 8 p.m., a local radio station, Charivari, told residents to look out their windows for an unusual sight. They announced the story of the illuminated castle and the marriage proposal to "Princess Annemarie."

Meanwhile, Golba was with his future bride in Amberg at a candlelight dinner where he asked Annemarie to marry him.

Afterward, they drove home to Hohenburg. At the entrance to Hohenburg the illuminated castle appeared above the town, brightly lit in a rainbow of colors.

For the first time ever in the centuries-long history of the Hohenburg castle it was illuminated and the "task of the father-in-law"



Courtesy photo

Annemarie Wolfsteiner and fiancé Adrian Golba in front of the Hohenburg Castle, lit by equipment set up for his marriage proposal. Four years ago Wolfsteiner's father told Golba, who works for a lighting company, that he would need to illuminate the castle before he could marry his daughter.

was fulfilled.

Golba, 29, and Wolfsteiner, who was 18 when they started dating, plan to wed on May 16.

The couple and her father who first planted the idea for this fairy tale proposal, along with the

children of the Hohenburg kindergarten where Wolfsteiner works, and everyone who saw the castle lit up that night, are eagerly awaiting the final chapter to this fairytale ending.

Paul Boehm contributed to the article.

Hispanic contributions addressed during observance

Story and photo by LAUREN SULLIVAN
Special to the Bavarian News

Bright splashes of color and paintbrushes adorned each table at the U.S. Army Garrison Hohenfels Hispanic American Heritage Month luncheon.

"You can't paint everybody with the same brush," said guest speaker Freddy Osorio, a retired Navy Chief Petty Officer currently serving as the USAG-Garmisch Equal Employment Opportunity Manager.

Organized by the Hohenfels EEO office, the lunch was held Sept. 10 at the garrison dining facility. For the occasion they served dishes such as pork adobo, beef enchiladas, spicy cornbread, and chicken fajitas.

While everyone enjoyed their lunches, they were able to view a Hispanic heritage video presentation that had trivia about topics such as flags of Hispanic countries, salsa dancing, and piñatas.

Hispanic American Heritage Month is celebrated in the United States from Sept. 15 to Oct. 15 each year.

Sept. 15 was chosen as the beginning of Hispanic Heritage Month because it marks the anniversary of the independence of five Hispanic nations: Nicaragua, El Salvador, Honduras, Costa

Rica, and Guatemala. Also, the independence of Mexico is celebrated on Sept. 16 and that of Chile on Sept. 18.

"Hispanic Heritage Month is important because we have a responsibility to honor and highlight all ethnic groups' contributions to the military and our American society," said Master Sgt. Christopher Mulvihill, Hohenfels Equal Opportunity program manager.

"Celebrating and educating about the strength our diversity brings us contributes to understanding and bringing us closer together as a cohesive team," he said.

"During National Hispanic Heritage Month, we recognize the many Americans of Hispanic descent who have made outstanding contributions to our nation," stated President George W. Bush in a proclamation on the White House Web site.

"We also honor Hispanic Americans for their strong tradition of service in the Armed Forces. These proud patriots have fought in every war since our founding, and many have earned the Medal of Honor for their courage. Hispanic service men and women have shown their love for the United States by answering the call to serve, and we owe them and their families a tremendous debt of gratitude. Their patriotism and valor have added to the character of our

Nation."

Osorio echoed that sentiment. "I appreciate and honor and am humbled by your service," he said.

He spoke to the group about past Hispanic Medal of Honor recipients, and the writer Sandra Cisneros, who rose above a poor upbringing to become an accomplished writer of books such as *The House on Mango Street*.

His main point from the book was "you can't erase what you know, and you can't forget who you are."

Osorio said his goal for each person at the luncheon was "that you learn to acquire your own voice."

Lt. Col. Gary Bloomberg, Hohenfels garrison commander, told the crowd three things he had taken from Osorio's speech.

"Don't paint everyone with the same brush, be true to yourself, and don't forget where you come from," he said.

Bloomberg presented Osorio with a plaque, thanking him for his speech and service.

"I hope you'll remember the House on Mango Street, and always remember where you came from," was the last thought that Osorio wanted the crowd to leave with.

"I'll never forget that I'm Puerto Rican and that's where I came from."



Freddy Osorio, guest speaker at the U.S. Army Garrison Hohenfels Hispanic American Heritage Month Luncheon Sept. 10. Osorio is a Navy vet and the USAG-Garmisch EEO manager.

Off the wall



When the band Off the Wall rocked the Hohenfels Community Activities Center Sept. 17, they were also judges for Operation Rising Star, selecting Hohenfels' biggest singing talent.

Maria "Elena" Renehan (center) took home first place, winning \$500 along with the title of Hohenfels' Rising Star.

Coming in second place, receiving \$250, was Staff Sgt. Clifford Neighbors (right).

Victoria Stratton (far left) received \$100 for her third place win.

Photos by Michelle Bragg

JMRC shoothouse trains up some of Canada’s newest Army troops

Story and photo by
Sgt. 1st Class
MATTHEW DAVIO
5th Mobile Public Affairs Detachment

The Geroldsee Shoothouse here has an echo, but it doesn’t work for just one person. To get the full effect, the building has to be filled with about 20 soldiers from H Company, 2nd Battalion, Royal Canadian Regiment Battle Group.

As they pour into one room after another in four-man teams, whatever a soldier says is instantly repeated down the hallways, through other rooms and ultimately out the double-door entrance and into the surrounding yard just as loud as it had begun.

Those pulling guard outside the shoothouse can hear sentences such as, “One friendly coming out!” as clearly as those standing next to the section leader doing the shouting from the concrete building’s center.

This echo doesn’t reverberate off the black-painted walls, steel-plate-reinforced doors, or the mannequins awaiting within though. It is passed on from soldier to soldier, each one repeating what he hears as soon as he hears it – sometimes doing it so quickly and so loudly that the syllables overlap with others in the platoon.

Fast and furious

There can be no doubt that each and every member of the platoon is fully aware of what is happening with his fellows at any given time ... a key safety feature in the unit’s live-fire training, according to Canadian army Lt. Chad S. Thain, 4th platoon commander, 2nd Battalion, Royal Canadian Regiment.

“It’s fast and furious in there,” he said. “Personally, I’m trying to filter the communication: what needs to go higher and what I can respond to. If a soldier needs medical attention, the faster that information gets to higher commands the faster help becomes available.

“The best part is getting to watch my squads in action. They are moving through methodically, demonstrating effective communication, engaging targets and covering each other. It’s a complicated objective,” he added. “Something we’ve not done before as a team.”

Many of the 2nd Bn. RCR are relatively new to the unit. The posting season when they get new troops is from summer to summer, which means many of them only have a few months of experience, according to Maj. Kyle Keffer, officer commanding of the H Company, 2nd RCR Battle Group.

Ready for battle

As an optimized battle group, Keffer not only leads the infantry company, but also all the attachments they are authorized to be completely ready for battle.

“Coming together as a team has been the biggest challenge,” Keffer said. “We have a lot of new soldiers who haven’t worked together before.

We get to see the other nations’ drills and SOPs and see how they react. It may not be what we are used to, but...

Lt. Chad S. Thain
2nd Bn., Royal Canadian Regiment

Armies Program has strived for complete interoperability since the days following World War II, and Cooperative Spirit ’08 is the latest in a long line of exercises dedicated to compatible equipment and synchronized battle tactics like those practiced at the shoothouse.

U.S. Army observer controllers stationed at the JMRC monitor and supervise the training to provide the Canadian soldiers with guidance and standard operating procedures they don’t normally get to learn.

Adapting

“We get to see the other nations’ drills and SOPs and see how they

react,” Thain said. “It may not be what we are used to, but it’s the chance for our soldiers to adjust to the situation and use their innovation.”

“At higher levels of joint interoperability, the chance to work with the Americans, British, Australians and New Zealanders is the opportunity of a lifetime,” Keffer added.

“We train quite a bit with the U.S., and some with the British, but not like this. The only time we operate at this level of coalition environment is when it’s the real thing -- war,” he said. “Here, it’s a training venue where we can interact.”

East of the objective

The Canadian soldiers drove out to the range on one of the many tank trails that the JMRC has to offer, creating a staging point about half a kilometer east of their objective.

They then took turns going through the “kill house,” as so many called it, platoon by platoon. The first two runs were with blank ammunition, with the observer controllers picking out people to be casualties in need of evacuation.

The third rotation was a live-fire, and a fourth rotation with blank ammunition again was held after night fall.

Reacting

“We’ve been working and drilling to create a team, so that instead of reacting to others movements we can proactively claim the objective,” Thain said. “You don’t need to react to what the soldier next to you is doing, you know what he is going to do and you know what you need to do.”

Some rooms of the shoothouse

were empty, some rooms contained unarmed mannequins to represent civilians and some rooms contained dummies armed with Styrofoam weapons to indicate their hostile intent.

Soldiers have to react quickly while being able to distinguish clear threats from innocent people in the blink of an eye.

“(The JMRC) has done good work training up the new guys, and now they’ll be one more step ahead during a deployment,” said

Cpl. Kyle Parker, an infantryman with 4th Platoon who is normally a Land Assault Vehicle driver, but the Canadians were loaned High Mobility, Multipurpose Wheeled Vehicles from the U.S. for the training event. “Having been to Afghanistan (in 2007), the training seems to be very similar to what I saw there. It’s very realistic.”

Worth the sweat

The training may be intense and the pace grueling, but Keffer said that it would pay large dividends in the long run.

These platoon-level training events, often referred to as “sticks lanes,” will lead up to company-level training sessions and then battalion-level activities.

The culmination of Cooperative Spirit will be when the entire brigade

combat team enters a simulated combat, with U.S. Soldiers from the area playing opposing forces, a Multi-Integrated Laser Engagement System sorting out casualties ala laser tag, and a battalion from each nation in ABCA still falling under the 3rd Stryker Brigade, 2nd Infantry Division from Fort Lewis, Wash.

Looking forward

“I’m looking forward to being given a task and facing the challenge with the company and achieving it,” he said. “The training developments have given the platoons the time they need to focus on themselves.

“I’ll get my time to focus on the company,” said Keffer. “Even at the battalion and brigade level, the tasks will be dealt out at the company level; I’m looking forward to that. It’ll be a free-

flowing exercise, not as structured as the sticks lanes we’ve done so far.”

While the soldiers weren’t able to see the footage captured by the video cameras positioned in each room of the shoothouse just yet, it will be one of the features of the “take home” package that JMRC is scheduled to provide to every unit in Cooperative Spirit 2008.

Even without a televised play-by-play though, it seems evident that the 2nd Battalion is capitalizing on ABCA’s multinational training.



U.S. Army Sgt. 1st Class Chris Hopkins, Joint Multinational Readiness Center observer controller, checks the C-782 rifle of Canadian Army Master Cpl. Cory Matush, 4th Platoon, 2nd Battalion Royal Canadian Regiment, to make sure there is no live ammunition in the chamber after the live-fire rotation of their urban terrain training at the JMRC shoothouse Sept. 18.

... the chance to work with the Americans, British, Australians, and New Zealanders is the opportunity of a lifetime.

Maj. Kyle Keffer
2nd Bn., Royal Canadian Regiment

Looking for U.S. Army Garrison Hohenfels sports coverage?

See Page 25 for a varsity football update and report on the Fall Golf Classic!

What's Happening

Grafenwoehr/Vilseck Briefs

CFC Campaign Kick Off

The Combined Federal Campaign Overseas kick off ceremony will take place today from 9 a.m.-10 a.m. in Grafenwoehr at Bldg 244. There will be cake and great door prizes. For more info contact Ms. Nunez at DSN 475-8432, CIV 09641-83-8432.

Health clinic services

Due to the medical needs of the returning Stryker Soldiers, the Vilseck Health Clinic will have reduced services during October and November. We will continue to provide some well-baby and well-woman appointments, but the majority of our appointment openings will be for same day, acute issues.

We will continue to utilize our German providers to ensure good access for our patients. We apologize for the inconvenience this may cause, but we're very excited to be part of the welcome home for our returning Strykers!

Sport registration

Registration begins today and runs through Dec. 19 for all winter sports age groups! The winter sports age cutoff is March 15. Kids can participate in basketball, cheerleading, or wrestling.

If you have any questions, call Dan Fraizer, Director Youth Sports & Fitness, at DSN 476-4037. To register, please call CYS Service Central Registration at DSN 475-6655 or DSN 476-2760.

Mental Health Self-Assessment Program

Vilseck Commissary and the Department of Defense are promoting the DoD-funded Mental Health Self-Assessment Program throughout the month of October. Through this initiative, free eco-friendly grocery bags and refrigerator magnets with a health promotion message will be distributed to commissary customers at local outreach events.

Ski club kick-off

The Bavarian Ski Club will host their annual season kick-off party today at Santa Lucia II Italian Restaurant in Grafenwoehr at 6 p.m. Anyone who is interested in skiing or snowboarding with the club during the 2008-2009 Season is encouraged to attend! Free food will be provided by the club! Please R.S.V.P. with Renate Neaverth at 475-6330 or email renate.neaverth@us.army.mil, if you plan to attend.

Employment opportunities

Contract positions open now for our Grafenwoehr/Vilseck/Hohenfels chapel programs and congregations. We have immediate openings for religious education coordinators, musicians, and music directors for this next fiscal year.

To view the details of the contract and work statement please go online to www.usace.army.mil/graf/vend/vend.htm. If this is the first time that you have applied for a contract, please go to www.ccr.gov in order to register in the CCR. You must accomplish this before you can bid on the contracts.

For questions please contact, CH (Lt. Col.) David Scheider, Deputy Garrison Chaplain or your Chapel/Congregational Pastor.

Charity concert

A charity concert will be held Friday at St. Ägidius Church in Vilseck at 5.30

p.m. The event is organized by the charity organization "Vilseck gibt Hoffnung" ("Vilseck gives Hope"). Actors Beate Griesbeck (Soprano), Franz Lahm (Trumpet), Maximilian Betz (Organ) will perform classical music from Franz Schubert, Johann Sebastian Bach, Georg Friedrich Händel, and Franz Schmidt.

"Vilseck gibt Hoffnung" financially supports projects for people infected or affected by HIV/AIDS in Africa and Asia. www.vilseck-gibt-hoffnung.de

Wine festival

A wine fest will be held at the Castle Dagestein in Vilseck Friday at 3 p.m. Musical entertainment by the local band Auerbacher Spitzbuam.

Great wines, coffee, cakes and local food specialties. Entry is free!

One act plays

Grafenwoehr Festival of One Act Plays will be held Oct. 19. at the Vilseck High School Mult-Purpose room starting at 7 p.m. Admission is free. For more information, please call Joline Powell at DSN 475-6426 or CIV 09641-83-6426 or e-mail her at Joline.powell@eur.army.mil.

Bulk trash pick-up

The City of Grafenwoehr and the villages Gmuend and Huettten will have an off post bulk trash pick-up Monday. Items that will be picked up include: furniture, mattresses, carpets, washing machines, dryers, radios, TVs, ovens, stoves, bicycles, strollers, etc., and other items which cannot be dismantled, torn or broken down to a size that would fit in the regular refuse container.

Each single item should not be larger than 80x40x32 inches and should not be heavier than 110 lbs.

Bulk trash consisting of metal (i.e. bicycles, washers, dryers, stoves, etc.) and electronic equipment (such as large appliances, small appliances, cooling devices, information & telecommunications including entertainment equipment) should be put out separately next to the normal bulk trash.

Items should be left curbside for collection. Contact USAG Grafenwoehr O & M Division, Utilities Branch Grafenwoehr, at DSN 475-6664, CIV 09641-83-6664.

Musical auditions

Auditions will be held for Susical the Musical at the Vilseck High School multi-purpose room Oct. 7 and Oct. 9 at 6 p.m. If you are interested in getting on the stage, come out and join the fun. Prepare a musical selection in style of the show to audition with. No live accompaniment will be available. Readings will be provided. We are looking for performers 9 and up as well as production crews. For more information, please call Joline Powell at DSN 475-6426 or CIV 09641-83-6426 or e-mail Joline.powell@eur.army.mil.

Breast cancer awareness walk

A 5 kilometer breast cancer awareness walk will be held at Little Mike Lake in Vilseck Oct. 11 at 9:30 a.m.

Employment opportunities

The Vilseck and Grafenwoehr Education Centers are currently hiring for substitute personnel in the following job positions: Counselor Aide, Test Examiner, Admin Support Assistant, ALC Operator, Facilities Administrator, German Headstart Instructor, and FAST Instructor.

For information or to apply, call Dave Baker, CTC Program Manager, Vilseck

Education Center, DSN: 476-2457, CIV: 09662-83-2457, or e-mail: bill.baker1@us.army.mil.

Tower Theatre renovation

The Grafenwoehr Tower Theater is closed for renovations. The theater is expected to reopen in early 2009.

Absentee voters week

Absentee Voters Week from Oct. 12-18. Absentee Voting Info will be available from Oct. 15 from 2 – 5 p.m. at the CMR in Grafenwoehr, and Oct. 16 at the CMR in Vilseck

Job assistance training

The Army Career and Alumni Program offers the DOL Transition Assistance Program Workshop once a month. Topics such as goal setting, resume and cover letter writing, job search techniques, interview techniques, salary negotiation skills and more are covered. The next TAP Workshops in Vilseck are scheduled for Oct. 14-16 and Nov 18-20.

Vet vaccination clinic

The Vilseck Veterinary Treatment Facility will host a weekend vaccination clinic Oct. 18 from 8 a.m.-12 p.m. and 1 p.m.-3 p.m.

Appointments can be made by contacting the Veterinary Clinic at DSN 476-2370. There will be walk-in appointments available, but they will be seen as time allows, and all walk-in appointments must be signed-in with the receptionist by 1:30 p.m. to be seen.

Services will include routine vaccinations, heartworm/feline leukemia tests, and issuance of health certificates. Additional services will be provided at the discretion of the Veterinarian and as time allows. Your pet must be registered with the Veterinary Clinic before services can be provided. Call DSN 476-2370.

National Disability Awareness Month

In conjunction with October being the National Disability Awareness Month, Dinah F. B. Cohen, Director for the Department of Defense Computer/Electronic Accommodations Program will speak to WTU Soldiers and garrison community members Oct. 22 at 2 p.m. in the Vilseck Chapel.

Cohen works closely with senior federal leadership to ensure employees, beneficiaries, and members of the public with disabilities have equal access to federal services and employment.

She is an international speaker on disability policy, reasonable accommodations, accessibility and information technology and its impact on employment of people with disabilities.

All community members are encouraged to attend and learn more about CAP and what this program can do for them, their spouses, and family members.

Commissary offers eco-friendly grocery bags

Vilseck Commissary and the Department of Defense are promoting the DoD-funded Mental Health Self-Assessment Program throughout the month of October. Through this initiative, free eco-friendly grocery bags and refrigerator magnets with a health promotion message will be distributed to commissary customers at local outreach events.

Hohenfels Briefs

Graceland

The Hohenfels Box Seat Theatre is proud to present the Hohenfels entry into the IMCOM-E Festival of One Act Plays, "Graceland" by Ellen Byron.

The play will be performed at the CAC, Bldg. 40 in Hohenfels Friday at 7 p.m.; Saturday at 7 p.m.; and Sunday at 3 p.m. The IMCOM-E Festival of One Act Plays will be held at the Roadside Theater in Heidelberg Oct. 10-12 with the Hohenfels entry being performed on Oct. 10.

For more information visit www.mwr-europe.com or contact Joanne Love at DSN 466-2340.

College Night

Hohenfels will host a College Night Oct. 8 from 5:30-8 p.m. at Hohenfels High School. The event can be a huge success with community support.

All you need to do is contact your university or college and let them know

that you need brochures and goodies for 150 students. Now is the time to contact your school. If you would like to represent your school, contact the School Liaison Officer at michele.wolff@us.army.mil.

American Red Cross Health & Safety Classes

Oct. 9: CPR, 11 a.m. to 5 p.m.
Oct. 11: Babysitting, 8 a.m. to 5 p.m.
Oct. 17: CPR and First Aid, 8 a.m. to 5 p.m.

Visit the Red Cross office to sign up for a CPR, First Aid or a Babysitter training class. All classes will be given in Bldg. 10.

Combat Cross Country Championship

The hills of Hohenfels will be the site of the annual U.S. Forces Europe Unit-Level Combat Cross Country Championships Oct. 9. Active duty military personnel will have the opportunity to run with their unit team with the required M16-A1/2 rifle or dummy rubber rifle or M4, Army Combat Uniform, full canteen or camel back, combat boots, first aid pouch, load bearing equipment (web gear with pistol belt) or load bearing vest, soft cap and two empty ammunition pouches.

The race course distance will be 5-8 kilometers and will be run on uneven terrain. Registration will be Oct. 9 from 8:30-10:30 a.m. at the Hohenfels Sportsplatz.

The race is planned to start at 11:10 a.m. Unlimited entries are allowed. Teams must consist of at least five but no more than seven active duty members.

Participants must be on active duty the day of the race. The cross country team scoring system will determine team finishes. For more information go to the www.mwr-europe.com Web site or contact Chris Cornelison at DSN 466-2493.

Basic Quilting

A basic quilting class will be held Oct. 11 from 9 a.m.- 1 p.m. Even if you have no sewing experience you can learn this classic art with all the modern twists.

You will make your first small project while learning the basics of rotary cutting, strip piecing, machine quilting and edge binding. These skills can then be applied to future projects that we are happy to help with from start to finish.

There is a \$10 class fee plus supplies. Purchase and wash your material before coming to class. Pre-register and pay at least three days before class. You will receive pre-class instructions at time of sign-up.

Health insurance briefing

The American Foreign Service Pro-

ductive Association is conducting an open season briefing Oct. 14 on their federal employee health benefits program, Dental insurance and long term care insurance will begin at 12:30 p.m. in the DOL Conference Room, Bldg. 315. All U.S. federal employees are invited to attend.

Wood Shop Safety

A wood shop safety class will be held Oct. 18 from 9:30 a.m.- 12:30 p.m. In this class you will learn to safely use the machinery in the wood shop.

Once you are certified you may come back for help on individual projects. There is a \$10 class fee, and no pre-sign up required. Wear closed-toe shoes and appropriate clothing.

October Book Club

The Hohenfels Book Club book for October will be The Shack by William P. Young. Unfortunately, European libraries do not carry the book and it will have to be purchased by the reader.

The meeting for the October book will be held on Oct. 27 at 5 p.m. in the library. For more information, call the library at DSN 466-1740.

Bowl Your Brains Out

Bowl Your Brains Out at Lane 17 every Monday from 5-9 p.m. Bowl as many games as you want for just \$7 for adults and \$5 for kids 12 and under. Shoe rental included.

Total Mom

ACS New Parent Support Program proudly announces the fall 2008 10-week Total Mom series. Total Mom is all about looking for and finding balance, support and spice in the relationship with your partner.

Learn about personal fitness, parenting tips and much more while increasing your confidence as a mother and a woman. Each week's episode stands alone so you can attend individual sessions comfortably or plan on enjoying the entire series.

Classes are held every Monday from 9:30-11:30 a.m. at the Hilltop Chapel Conference Center, Bldg. 6.

Framing class

Learn how to create your own custom frame Saturday from 9:30 a.m.- 1 p.m.

Doing your own custom framing is a great way to personalize your art and awards while saving money. You will learn how to measure and mat your pictures as well as how to cut and put together frames.

Then finish it off for a professional look every time. A \$30 class fee includes supplies to frame a 5"x7" picture. Pre-register and pay at least three days before class.

Hosted by the Grafenwoehr and Vilseck Community and Spouses' Clubs

Crown Jewel Bazaar

October 17 to 19, 2008

Bazaar Location:
Grafenwoehr Field House, Bldg. 547

Ribbon Cutting:
Friday, Oct 17, 11 a.m.

Opening Hours:
Friday, Oct 17, 11 a.m. to 7 p.m.
Saturday, Oct 18, 10 a.m. to 7 p.m.
Sunday, Oct 19, 11 a.m. to 5 p.m.

Featuring Over 50 of Europe's Finest Vendors!
English Fine China, Rugs, Wines and Cheeses, Antique and Custom-made Furniture, Bavarian Clothing, Italian Porcelain, Polish Pottery, Tapestries and Much More!

Be Treated Like Royalty and Save a Fortune!
Bazaar is open to all military ID card holders. Visa, Mastercard, cash and checks accepted. Sorry, no strollers.

USAA, SatofTravel, Edelweiss, MWR

NAF EMPLOYMENT OPPORTUNITIES

If you are a Family Member who lives within the commuting area of Garrison Grafenwoehr, to include Rose Barracks, and would like to earn extra money by working for any of the various Morale, Welfare and Recreation facilities, please visit the NAF personnel Office located in building 244 by gate 3 in Grafenwoehr.

Grafenwoehr Positions Available
Program Assistants - All Child Care Facilities
Food & Beverage Assistants - Bowling
Recreation Aide - Bowling

Rose Barrack Positions Available
Program Assistants - All Child Care Facilities
Food & Beverage Assistants - Bowling
Recreation Aide - Bowling

i♥MY JOB

For more information contact the NAF personnel Office at CIV 09641-83-6886 or 09641-83-6887.

Few places capture the imagination like ...

EGYPT

Discover and explore the treasures of the ancient world

by SANDRA WILSON
Bavarian News

I would have never guessed in my sixth-grade history class that I would find myself, 15 years later, in the middle of some of the oldest monuments of ancient times.

In the fall, my husband and I decided it was time to see what all our history books told us about—the ancient treasures of Egypt.

We arrived in Cairo on the eve of Dec. 30, and quickly hit the main streets of downtown Cairo. The streets were crowded with people, and the stores were still open even though it was pushing 9 p.m.

Cairo

Before we settled down in our room for the night, we joined the crowds in hunt for food and the infamous ice cream that our tour book talked about. We found ourselves eating our dinner and ice cream and watching the pedestrians weave in and out of the stalled traffic with horns blaring, and paying no heed to the traffic lights.

I observed that Egyptian men often walked together arm-in-arm and that most women donned

hajibs (scarves), making me feel a little self-conscious with my hair fully exposed.

The next morning was the start of our official tour. After meeting our tour group, we went to lunch for our first Egyptian meal together. We discovered that stuffed pigeon is a delicacy and kebabs and shawerma beef dishes are very common.

From there we took a walk through Islamic Cairo. We entered Al Azar mosque and listened to our guide, Wahid, explain the tenets of the Islamic faith. He explained that the bustle of the Cairo streets was because of the Feast of the Lamb—a three day festival when everyone celebrates, stays up late, and slaughters a sheep for the family to eat.

We saw remnants of the slaughtering on the streets as the butchers wheeled carts full of sheep skins. According to our tour guide, the families like to buy the sheep a few days early because the kids enjoy playing with it before the butcher stops in.

In the evening, we stopped at the Khan al Khalilli bazaar. We browsed the marketplace and tried out our bargaining skills. When

we finished our shopping, we joined our group at a café for the Egyptian drink of mint tea and a smoke of apple tobacco on the ever-popular sheesha, otherwise known as a hookah or water pipe.

The Pyramids

The next morning was devoted to visiting the Great Pyramids of Giza. I was amazed to find that the pyramids were just a short distance from the outskirts of Cairo. We soon found ourselves at the base of the most monumental structure in the ancient world: the Pyramid of Cheops.

It took nearly 100,000 workers 20 years to construct the 2.3 million blocks into the form that we see today. The blocks weigh 6 million tons.

Just around the corner we entered a small museum and saw Cheops' solar boat which was unearth in 1954. The boat was originally designed to transport Cheops to the afterlife.

As the locals roamed around us on their camels, we took photos of the amazing sights and wandered down the hill to the great Sphinx. A local stopped us and offered my husband 6,000 camels for me, saying he would be sure to replace me with another wife as well. That wasn't the only offer my husband received during our trip.

We then visited the Sphinx. This famous sculpture was regarded as an image of the sun-god, Ra-Harakhty. Some say the nose was shot off by Napoleon Bonaparte's troops when they used it for target practice in 1798, but no one really "nose".

For lunch, Koshari, a meatless meal made with pasta, lentils and tomato sauce, was on the menu and we ate it with delight.

Before boarding the overnight sleeper train for our New Year's Eve, we indulged in the rich history contained in Cairo's Egyptian museum. Each room contained thousands of years of history with the

stone figures, sarcophaguses, mummies, and pharaoh tomb treasures.

After arriving in Aswan the next morning, we went straight to the High Dam. The construction of the dam was completed in 1970 after 10 years of work. It was designed to control the annual flooding of the Nile River.

A short boat ride took us to the amazing Philae Temple. The entire structure was under water for 30 years while the dam was being built. Once the flooding was under control, they cut the temple into smaller, movable parts and moved it to higher ground.

The next morning we rose at 3:30 a.m. for our police-escorted convoy to Abu Simbel. We slept on our three-hour ride there and awoke to the enormous carved monuments of Ramses II. Inside, the hieroglyphics were incredibly vivid. This monument was also cut and moved to higher ground when Lake Nasser threatened to flood and submerge it after the High Dam was built.

The Nile

On our fifth day, we boarded a felucca boat on the Nile. The small boat had virtually no where to walk or stand—our group just lounged on the huge soft pad that spread the length of the deck. When the sun became too warm, we stretched out the canopy. In the summer, the hot weather usually dictates a dip in the river, but the cool January weather was not quite warm enough for any of us to take a swim.

Our day was spent napping, drinking, playing games, and chatting amongst our tour mates. When a bathroom stop was needed, the boat owner docked on the shore, threw out a narrow plank to the sand, and we dispersed to various private areas of shrubbery.

That evening, we anchored on the shore for the night, dug a pit for a toilet and posted sheets around it, and our boat was wrapped so the warmth would stay in as we slept in our bags. Before snoozing, we enjoyed a dinner of tagin, a tomato-based vegetable soup and a side of rice. Wahid and our boat guide led us in song and dance around the fire.

Luxor

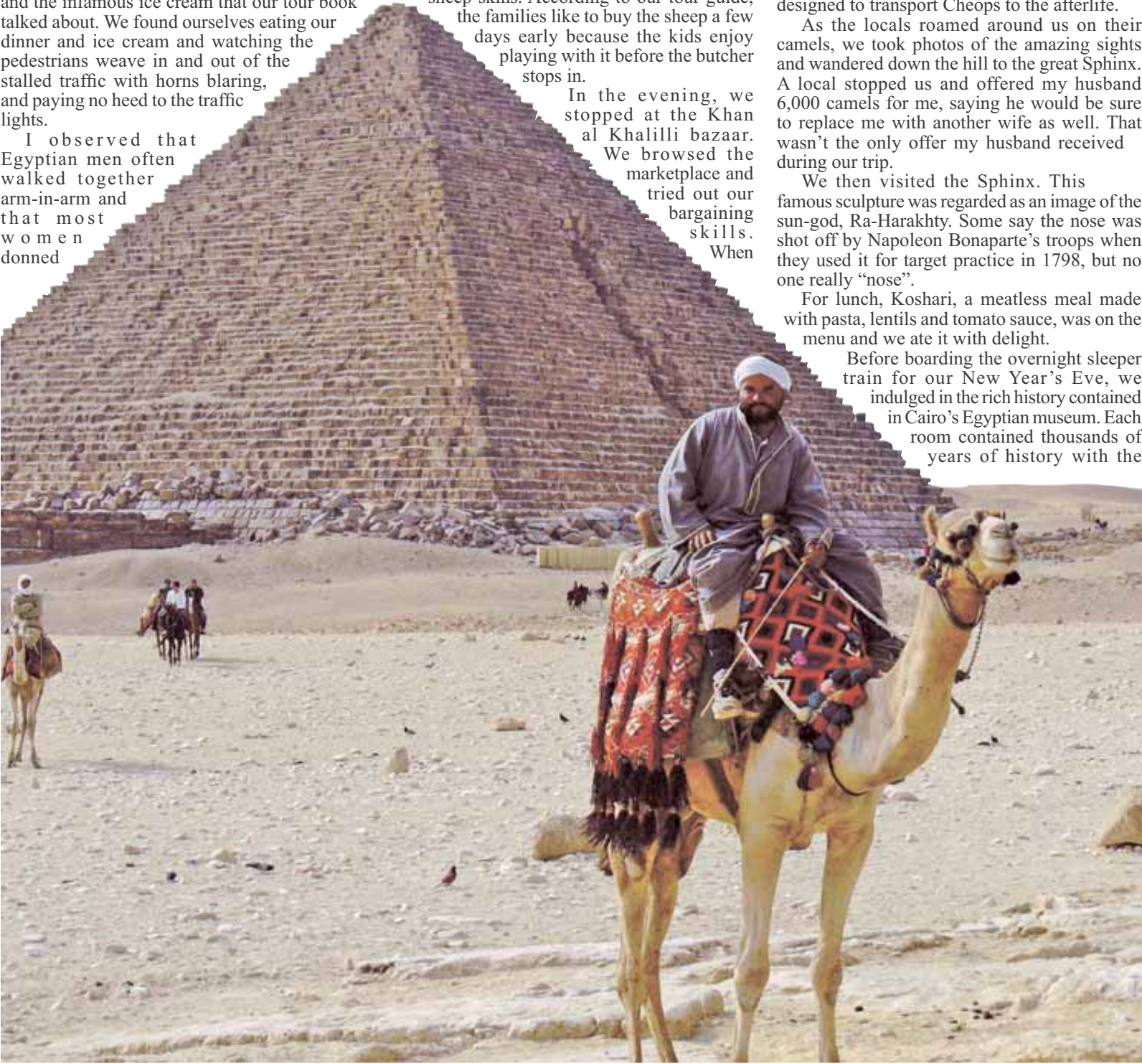
The next morning, we headed to Edfu Temple. Edfu Temple is the most preserved temple in all of Egypt. The construction was completed in 55 B.C. with the walls depicting stories of the pharaohs and deities.

But a definite must-visit is the Temple of Karnak in Luxor. Wandering through the 134 massive pillars and obelisks may make a tourist feel quite small in the grandiose structure.

A donkey ride took us into the mountains above the Valley of the Kings where King Tut's tomb was discovered in 1922, as well a dozens of other significant tombs. The scenes painted on the walls of these tombs make the trip to the valley worthwhile.

Our final stop was Luxor Temple at night when the lights illuminated the statues, pillars and beauty of the place. The nearby market gave us one last opportunity to shop for authentic papyrus or jewelry, which are two of Egypt's favorite tourist purchases.

Egypt's ancient history combined with authentic food, interaction with locals, and shows of whirling dervishes, belly and sufi dancers brought our grand tour of Egypt to completion—all in a week.



The pyramids at Giza (above) are a short distance away from Cairo's city center. These massive architectural accomplishments should not be missed.

Luxor Temple (right) can be seen after dark when the majesty of the statues and pillars are illuminated by flood lights.

The Philae Temple (far right) was under water for 30 years while the High Dam was being built to control the Nile's floodwaters.

Photos by Dan Wilson



Teens take Battlemind training class

Ansbach ACS offers session to help teens cope with deployment, reintegration

by JIM HUGHES
USAG Ansbach CI Chief

A new program at USAG Ansbach helps community teens cope with the issues that come along with deployments of parents and a voice in the reintegration process.

Teen Battlemind training, based off of the Army’s Soldier and spouse versions, is the brainchild of Heather Lammers, Ansbach’s deployment and mobilization program manager at Army Community Service.

When Lammers took over the position in June, she immediately went to work with Vince Allen, youth director, on how to better serve community children—especially on issues that arise from deployments.

“It’s kind of my own creation,” she said. “I come from a child development background and when I moved over into the deployment arena it appeared there were not a whole lot of programs geared towards children to help them deal with reunion and deployment issues.”

Lammers looked at the ACS Spouse Battlemind training and decided she could adapt it to meet the needs of community children.

Battlemind is an acronym: Buddy, Adding and

subtracting roles, Taking control, Talking it out, Loyalty, Emotions, Mental health, Independence, Navigating the Army, and Denial of self.

When adapting the program for teens, Lammers changed the M to Me, the N to new experiences and the D for Differences because “those are words that kids can understand a little bit better,” Lammers said.

Lammers and Allen started the training during a Rock-n-Bowl teen center event in August that about 20 community youth attended. They plan to continue the sessions at future events.

The input Lammers and Allen receive is shared with Soldiers and spouses at their Battlemind training to let them know what the children are feeling.

“This training empowers Soldiers and spouses to let them know that these teens do matter, they do have a point of view and they have been affected by the deployment as well,” Allen said.

The Battlemind program is something Soldiers go through to help them transition from deployment to home life, and it is also provided to spouses to help them transition smoother, as well, Lammers said.

Including teens and younger children—

Lammers plans doing the training with elementary school-aged children—in their own version of the program gives the entire family a similar frame of reference to work from.

“When they tell their dad that they had a Battlemind class, he is going to know what that is because he has to do it too,” she said.

And the need is there among children whose parents deployed, said Allen.

“Teens often feel excluded,” he said. “They get told to go play with their little brother and mom will get all the attention.”

The goal of the training, Lammers said, is “to give kids the words that they need to begin to express their concerns. To be able to say, ‘Hey this is what is going on.’”

“The idea is they get in here and we start talking about their concerns,” she added. “When mom or dad comes back and they can’t sit at the head of the table any more, how do they deal with that? We give them some coping techniques and skills to make it work for them and tell them avenues they can take to get help—people are here to support them.”

Those avenues include school counselors, family life consultants, teen center staff members, parents, family advocacy, Lammers said.

At Rock-n-Bowl, initial reviews were positive after Lammers talk with the teens prior to free bowling and music.

“I thought she had a lot to say and she asked us a lot of questions,” said Denise Rodriguez, 12, whose father was deployed at the time. “It helped me to understand that when dad gets back, some things are going to change and some things are going to stay the same.”

Allen said the garrison is full of people who care about the community’s children and they stand at the ready to help at all times. But, he added, oftentimes peer-to-peer sharing of information is the best help of all.

“We got 20 out for this event, and the hope is that these 20 will talk to another 20 about this stuff and they can help each other,” he said. “Half of the kids went through it (deployment of parents), and the other half is going through it. The more they get information, the more they can help each other—that is what we want.”

“We can sit here and say this, we can plan this and we can plan that, but what I say to them and what a peer says to them is totally different,” Allen continued. “They (teens) have been through it and they are going through it, so they carry a lot more weight when talking to a peer.”

Everclear’s alternative rock ‘rocks’ USAG Ansbach

Story and photo by ERIKA CHESTER
Special to the Bavarian News

About 10,000 people live in USAG Ansbach’s footprint. Everclear has had albums go gold, platinum, and multi-platinum.

USAG Ansbach is one of the smallest Army garrisons in Germany. Everclear has had international hit songs and played for tens of thousands of fans at a time.

But, Everclear did come to USAG Ansbach’s Stork Barracks in Illesheim Sept. 17, and they rocked.

“The band wanted to perform for U.S. forces as a ‘Thank you,’ for all that the Soldiers and families are doing,” said Vikki Hanrahan, garrison entertainment director.

The band played 15 songs, including: “Everything to Everyone,” “Father of Mine,” a cover of “Brown Eyed Girl,” “AM Radio,” “Wonderful,” “Santa Monica,” “I Will Buy You A New Life,” and ended with a cover of “Jenny.”

Illesheim’s Hangar 2 held a stage, four bleachers, sound equipment and a decent-sized crowd of Soldiers and family members and the rock band, Everclear.

The night was chilly and the audience was in various stages of cold weather dress. The band members played their instruments and sang under the incubating stage lights in short-sleeved shirts.

Art Alexakis, Everclear’s lead man, apparently had been told not to expect a large turnout because he told the audience that he only expected about 25 people. He expressed his support for the Soldiers and family members and empathy for the struggles they face during deployments.

As the band played, bassist Sam Hudson and backup guitarist Dave French twirled while grade-schoolers in the audience twirled to the music.

A girl on Heelys whirled by. Toddlers bounced on adults’ shoulders. With arms extended over their heads, the teenagers close to the stage



Everclear front man Art Alexakis asks for fans to sing some lines after inviting audience members to join the band on stage during a free concert at Storck Barracks Sept. 17.

stuck their pointer fingers and pinkies out from their fists to make the “rock on” gesture. Some toddlers on parents’ shoulders clumsily imitated the gesture.

The four bleachers in the hangar held spots for the Soldiers in the Warrior in Transition Unit and less energetic concert-goers.

Sound bounced off all of the hard surfaces in the hangar and buzzed deafeningly, but no one seemed to mind.

“It was awesome, awesome, awesome!” said Casie Poore, an Illesheim spouse. “This was my first concert ever, so I was excited.”

The band had two encores. For the second, Alexakis dedicated “Jenny” to all the women serving and supporting the Army, and invited

girls and women in the audience to come on stage and dance.

Sisters Amber and Lauren Harris, both students at Rainbow Elementary School in Ansbach, were selected to dance on stage.

“It was awesome!” said sixth-grader Amber. “[Alexakis] picked us out.”

“It was bright and hot. You could feel the beat on the floor. I got to shake their hands,” said third-grader Lauren.

Kaja Nall, a third-grader who also danced on stage, said that she, too, got to shake their hands. “I’m never going to wash my hand again!”

After the band was through playing, Everclear met audience members to shake hands and sign autographs.

Wounded Warriors from the Warrior in Transition Unit got to go meet the band before general audience members.

“That was awesome. They played their asses off up there. It was much better than some stadium rock shows I’ve seen,” said Spc. Jarrod Hahn, a Wounded Warrior.

“My guys back in Afghanistan got me listening to (Everclear). Just don’t ask me names or songs,” added Staff Sgt. Stephan Brown, platoon sergeant of the WTU.

Many other audience members seemed somewhat unfamiliar with songs the band played. As Alexakis tipped his microphone to invite the audience to sing the lyrics, a good deal of loud mumbling was heard in place of clear lyrics, but that didn’t seem to dampen the crowd or the band’s enthusiasm.

“I love Everclear,” said Spc. Robert Taylor of the 2-159th Aviation Regiment. “So this is something really special for me personally, especially since we, Illesheim, are out in the middle of nowhere.”

For many reintegrating Soldiers, this will be a welcome home they won’t soon forget.

“Most of us just came back from downrange, and we are like, ‘Hell yeah! Free concert!’ It’s live music—something we have not had in forever,” Taylor said. “This is a better way to reintegrate because we are just getting back to the real world.”

“The band was terrific,” Hanrahan said. “They were truly interested in the Soldiers and their families. They really tried to connect with as many community members as possible.”

And that is exactly what the band wanted to do.

“The most important thing for us is to bring a little bit of America to those who miss it,” Alexakis said. “I know how that is when you are away from home—when you are missing home, you want something from home. I have been away from home for a week and I can’t wait to get home.”

Youth patter around in pumpkin patch

Story and photo by RONALD H. TOLAND JR.
Bavarian News

Community pre-school children and middle school youth harvested 13 pumpkins from a pumpkin patch on Katterbach Sept. 15.

The program was the idea of P.J. Ahearn and Michael Reynolds, both



youth services program assistants for Ansbach Child, Youth & School Services, but it was a garrison team effort to help educate children.

In April, Reynolds bought seeds and other materials from a local German store, the department of public works dug up the ground and delivered fresh dirt, and the children helped transport the dirt to the area with wheelbarrows and plant the seeds, Ahearn said.

“We first planted the seeds indoors in flower pots for about a week and a half and then transported them outdoors once they grew strong enough,” said Ahearn.

But the planting purpose had a longer vine than just producing

Children from the Ansbach Child, Youth & School Services programs work to harvest 13 pumpkins Sept. 15 that they helped plant in April.

pumpkins—the 4-H Club, the largest out-of-school youth program in the U.S.

“Four H--Head, Heart, Hands and Health—is a program curriculum that deals with agriculture and teaching kids about that—growing fresh vegetables, gardening and that sort of thing,” said Reynolds.

The learning curve for the children is to familiarize and teach them the process of how pumpkins, or any other vegetable in a garden, actually grow—from start to finish and the required materials to start one, he said.

“It is important for the kids to learn how farming, agriculture and the economy work,” said Reynolds. “It is all about the kids’ sense of pride and accomplishment, and for them to see the finished product.”

The center staff plans to donate some of the pumpkins to the child development center for decoration and keep the rest to decorate the teen center for Halloween, Reynolds said.



HANG TIGHT!
Maren Hummel, 5, hangs on to the mechanical bull ride at the USAG Ansbach Morale, Welfare and Recreation Wild, Wild West children’s event Sept. 20 at Storck Barracks. Hundreds of community children and parents enjoyed the western atmosphere in the 2-159th Aviation Regiment hangar that featured Western crafts, games, blow-up playgrounds, food, refreshments and more.
Photo by Jim Hughes

16th SB welcomes home ‘the Rock’



Staff Sgt. Todd Brown embraces his wife Emily during a welcome home ceremony at the Freedom Fitness Center, Sept. 6.

Story and photo by ERIC JONES
16th SB FRSA

Families and friends welcomed home Soldiers of the 240th Quartermaster Co., 391st Combat Sustainment Support Battalion, 16th Sustainment Brigade, at the Freedom Fitness Center Sept. 6.

The unit, nicknamed “the Rock,” has spent the last 15 months in support of Operation Iraqi Freedom in Balad, Iraq, at Logistical Support Area Anaconda, which is the primary logistical hub for the coalition forces operating in Iraq.

“Leaders and Soldiers of the 240th, it’s time to take your fingers off the trigger guards and take a knee,” said Maj. Chris Foote, rear detachment commander, 391st CSSB, in his address.

Foote went on to publicly acknowledge and thank families for their service, dedication and sacrifice.

Capt. Nikki Blystone, commander, 240th QM Co., then turned and faced her Soldiers and dismissed them to reunite with their loved ones.

After a silent pause, Soldiers and families rushed to greet each other with warm embraces, smiles and tears.

“I am very excited to be home — my daughter was only five weeks old when I left,” said Staff Sgt. Nde Wanki, 240th QM Co. “I am very thankful for my wife, children, friends and our family readiness group for their great support while I was deployed.”

“The Rock is rolling and it has rolled home!” said Foote.

Community gets food, shots, gifts at annual garrison expo Oct. 9

by DOUGLAS DEMAIO
Bavarian News

The free gifts and services to be offered at USAG Bamberg’s Annual Community Expo Oct. 9 at Bldg. 7110 sound too good to be true.

The event, scheduled from 2 p.m. to 5:30 p.m., will offer free gifts like a Nintendo Wii and a flat-screen TV.

To be eligible for the prizes, attendees must fill out a survey card about the Expo.

Those survey cards will then be used to draw for the winner of the first door prize round at 3:30 p.m. The second door prize round will be at 5:15 p.m. Attendees of the event must be present to win.

Free food samples are also another item that will be surveyed.

Vendors that sell food items to the dining facility will have sample foods at the expo, said Jonathan Nolan, installation food program manager.

“My intent was to have them come and show what is being served to Soldiers,” Nolan said.

Two of the vendors will have pulled barbecue to be sampled.

Survey cards, not to be confused with the survey cards for the door prizes, will be passed out to provide feedback to Nolan so he can better serve the culinary requests of Soldiers stationed at Warner Barracks. Comment cards will assist Nolan in determining in the quality of food served at the dining facilities.

In addition to the food samples, Nolan said, there will also be a café espresso coffee machine at the expo

that will serve latte’s, mochaccino’s, espressos and other types of warmed beverages, said Nolan. The machines are soon to be placed in military dining facilities throughout Europe.

All these free items make the expo appealing, but the services offered during the expo have other advantages for the attendees.

Flu season is quickly approaching, and attendees can get their flu vaccinations at the expo, said Maj. Tina M. Streker, Bamberg Army Public Health Nurse.

For those in good health who meet the medical guidelines, there will be Live Attenuated Influenza Vaccine available, administered by nasal spray.

A flu shot can be administered to those that fit into the “high-risk” categories, as determined through the screening process.

In addition, a home-based business show and a job fair will also be offered at the expo.

The job fair is expecting more than 15 recruiters, said Jeff Card, employment readiness program manager for Army Community Service.

Recruiters are “coming to our expo with the expectation of accepting resumes,” Card said.

Recruiters may have on-the-spot interviews, he said. Jobseekers should be prepared to have a resume on hand if they’re seeking employment.

Community organizations must register by Friday to participate. They can access the registration form at www.bamberg.army.mil and e-mail it to mwr.expo2008@eur.army.mil.

Barons fall to Baumholder Buccaneers in home opener

Young Bamberg team determined to work hard

Story and photo by DOUGLAS DEMAIO
Bavarian News

The Bamberg Barons football team lost its home opener Sept. 20 against the Baumholder Buccaneers 33-6.

Although the game was seemingly a blowout victory for the Buccaneers, the Barons kept the game close until the end of the third quarter when the Buccaneers’ offense began to find its rhythm.

“I’d rather play them (Buccaneers) in week two, than in week six,” said the Barons’ coach James Davis.

In the first half, the two teams looked to compete well against one another.

The Barons’ offense converted on only one of four third-down conversions, but defensively the Barons

were able to limit the Buccaneers’ offense to just two touchdowns.

A missed extra point made the score 13 – 0, and the Barons’ offense struggled to advance the ball down the field.

Baumholder’s offense looked poised to put the game away early, but a few penalties and a couple of sacks on the quarterback by Barons’ nose guard Cortez Lindsey and the Barons pushed the Buccaneers backward.

Barons’ Kevin Daniels had a huge blocked punt on special teams and recovered the ball on the Buccaneers 14-yard line.

The Barons’ offense was ready to capitalize on the turnover and make the score a one-possession game before going into halftime.

With just 46 seconds remaining in the half, Barons’ quarterback Kevin

Brown connected with wide-receiver Joshua Robinson to make the score 13 – 6. The Baron’s did not convert on the two-point conversion and the teams went to halftime with the Buccaneers leading by seven.

Barons’ tailback Tyler Cancellor said he felt the team put forth a good effort, but missed key opportunities.

The Buccaneers scored once more in the third quarter to make the score 19 – 6, but a pair of 20-yard touchdown runs by Buccaneers’ sophomore tailback, Prince Owusu, put the game out of touch for the Barons.

Davis said the Buccaneers were well coached and that their unorthodox style of play took its toll on his first and second year players.

“We’re young,” Davis said.

Cancellor, a sophomore, agreed. He felt the team’s first home game in more than three years caused a lot of the players to be a bit nervous, but said the team will get better and improve as time goes on.

“Work hard,” Cancellor said. “That’s all you can do.”



The Bamberg Barons set up for a play on the goal line. The Barons’ football team lost its home opener Sept. 20 against the Baumholder Buccaneers 33 - 6.



Walk for Freedom

Bamberg Eagles show their support

On Sept. 11, teachers and students showed their support for military parents, and observed the the terrible events of Sept. 11, 2001.

Students and teachers walked in many directions and some farther than others in the Freedom Walk. While waving flags and pinwheels, students sang patriotic songs. One student commented, “While Dad is away I want to show support to him and the other Soldiers that are with him. This is one way I could do that.”

Courtesy photo

Tricare service center set to aid patients

by KIMBERLY GEARHART
Bavarian News

Patients at the Schweinfurt Health Clinic have a large network of resources from which to draw support and assistance in navigating the intricacies of receiving health care overseas: patient liaisons, benefits counselors, billing support, and a dedicated nurse case manager for host nation care.

"It would be better if we had more people here to help patients, but I'm very happy to translate and help," said Sabine Matern, Tricare beneficiary counselor and assistance coordinator.

Matern is part of a three-person team responsible for handling referrals for clinic patients.

"I take care of the paperwork, call the German hospital and find the (appropriate) specialist, and set up the appointment," Matern said, noting that most of her counterparts on the German side speak English, but having a bilingual BCAC

saves time for the patient and the doctor's office.

The Tricare benefits offices at the health clinic handle referrals from 8:30 a.m. to noon Monday through Friday.

Billing questions are also handled by the BCACs, but only in the afternoon from 1 to 4 p.m. because of the small staff.

The clinic also has enrollment and disenrollment counselors available to insure that new arrivals to the community are properly set up to take advantage of their Tricare benefits.

The entire staff is extremely willing and able to help make receiving health care overseas as easy and painless as possible.

Kevin Worth
Nurse case manager

"All in-processing Soldiers complete an enrollment form for themselves and their families," said Sara Dick, enrollment and disenrollment counselor.

Tricare overseas is handled somewhat differently from Tricare in the United States, Dick said, and enrollment is not automatic.

"When families have deferred travel, they have to come here to get enrolled," she said. In such a situation, once the family members are enrolled in the Defense Enrollment Eligibility Reporting System, or DEERS, they need only

command sponsorship documents for Tricare enrollment.

Patients leaving the community must also visit Dick's office for clearing purposes.

Once a patient has enrolled in Tricare and been referred for care outside of the clinic, patient liaisons are available to overcome language or cultural speed bumps during inpatient care.

Liaisons from the health clinic are stationed at Leopoldina hospital during business hours and are on-call 24 hours a day for emergencies.

"The entire staff is extremely willing and able to help make receiving health care overseas as easy and painless as possible," said Kevin Worth, the nurse case manager in charge of overseeing host nation care at the Schweinfurt Health Clinic.

The benefits advisors and liaison offices are all located on the first floor of the Schweinfurt Health Clinic. For assistance, stop by the offices during posted business hours.



It's okay to 'wine' at the bazaar

Photo by Kimberly Gearhart

Wining—without the "h"—is a favorite pastime at Schweinfurt's bazaars. The fall bazaar in Finney Fitness Center hosted vendors offering a variety of wines and others offering wine's undying companion: cheese. Furniture makers, rug sellers, and art brokers were also present, offering Schweinfurt residents everything from Army-themed prints to zodiac-sign jewelry.

SCSC membership drive welcomes newcomers

by EMILY ATHENS
Special to the Bavarian News

The Schweinfurt Community and Spouses Club welcomed 47 new members Sept. 11 at its annual membership drive, held at the Conn Club. Numerous games, a variety of food, and many items for sale kept participants busy while they mingled.

The SCSC is a service organization that provides a variety of social, cultural, and educational activities for members as well as tremendous financial support to many organizations and individuals within the community. Last year, the SCSC contributed \$50,130.13 to the Schweinfurt community and hopes to do the same, if not better, this year.

Additionally, SCSC members gain a resource that allows them to stay connected with a committed group of people who share the common goal of giving back to the community. Membership is open to military personnel of all ranks, civilian U.S. and NATO ID card holders, their spouses, and family members 18 years and older.

"I have never been a part of this kind of organization before and was surprised to learn it welcomes anybody in the military community. So I am excited because I will get to know a lot

of people and it sounds like it will be a lot of fun!" said Nichole Fougner, who joined the club during the drive.

"I keep joining because I enjoy the fellowship with other women and giving back to the community. It's great to make new friends and work together with others," said Lisa Eubanks, SCSC board representative who has been with the organization as a member for two and a half years.

SCSC strives to have even more community involvement throughout the year.

"With the deployments, PCSs, and all the change in unit locations, (the club has) gotten smaller," said SCSC President Carol Haager.

However, Haager anticipates more involvement once block leave ends and the new year begins. Once the brigade deploys, the club is prepared to accept an influx of members.

"We always want more membership and one of our big goals this year is to recognize volunteers in the community," she said, referencing one goal of the SCSC: recognizing worthy organizations and individuals throughout Schweinfurt.

The club will host their next event Oct. 17 and expects a good turnout, inviting members to bring their spouses or a guest. Anyone interested can join throughout the year by e-mailing scscmail@gmail.com for a membership application.

Vehicle storage keeps private autos safe during deployment

by SANDRA WILSON
Bavarian News

With the upcoming deployment, Soldiers have a long list of tasks to complete in order to prepare to depart.

One of those tasks is properly and safely storing their vehicle, which can be done at no cost with the Transportation Motor Pool.

"They go to briefings before they leave," said Malcolm Brooks, privately owned vehicle storage coordinator in Schweinfurt's TMP office. The briefings explain the process of securing vehicles for the duration of the deployment, yet some car owners don't take these proper steps prior to leaving and return with their car impounded.

In other cases, if the Soldier leaves and a spouse stays behind, the information about

storage needs to be communicated to the spouse, particularly if they choose to return to the states for a period of time during the deployment.

Each Soldier with or without a family is allowed to store up to two vehicles. A power of attorney is needed for a spouse to complete the storage process if their name is not listed on the vehicle registration.

"The main issue is lack of communication. The spouses don't know. The Soldiers don't tell the spouses," Brooks said, explaining how the disconnect in relaying information has resulted in many vehicles being impounded when cars are

parked with expired registration tags.

But expired tags aren't the only reason why it's important to store your vehicle with the Transportation Motor Pool. Vehicles left parked on or off post may be vandalized or damaged over a period of time, leaving the Soldier or family member without recourse for filing claims.

"If there is damage, the government won't reimburse," if the vehicle is not in the designated storage area, said Klaus Schaupp, motor operations officer in the TMP office.

Vehicles are insured up to \$20,000 in the TMP storage area including auto stereo and

video systems.

If the POV is considered more valuable than that, representatives highly recommend getting private storage insurance to cover the rest of its value.

For the Soldiers who arrive and deploy immediately when their auto is still in transit from a previous duty station, Brooks assures that storage will be taken care of for the duration of their absence.

But for those who have to do it themselves—taking the steps to properly store a POV can take less than 30 minutes, says Brooks, and that small amount of time can save impound fees, non-reimbursable damage, and hassles later on down the line.

For more information or to set up an appointment, call the TMP administration office at DSN 353-8386 or CIV 09721-96-8386.

Sponsors must follow guest sign-in policy

Story and photo by
MARK HEETER
Schweinfurt CI Chief

Seven years ago, in the chaotic hours following the terrorist attack in America, the lines of cars attempting to access military installations around Europe stretched for miles under the scrutiny of vehicle checks.

While the long lines have largely been reduced, vehicle searches and other measures continue, as accounting for access to installations is still a critical task for commanders. USAG Schweinfurt policy 5-10 outlines the garrison installation access program.

"The ongoing Global War on Terrorism requires our communities to be vigilant and prepared to face an

adversary that seeks to gain insight to our operations," according to the policy.

"Installation access control measures are in place to not only combat this threat but also to ensure the safety of those who live and work in our communities," the policy reads.

For those who are able to sign guests onto Schweinfurt installations, the rules and procedures for guest passes are clearly written into the policy.

"The passes all say they must be returned to the gate of entry," said Gilbert Rivera, contracting office representative with the USAG Schweinfurt.

"When the guards issue the pass,

they have a record of who the sponsor was, Rivera said, noting that, in some cases, people have failed to return the guest passes.

Sponsors must return without exception, with guest, to the gate of entry within 24 hours. The policy allows guests to be re-admitted or extended.

Guests risk being barred from post, and sponsors may lose sign-in privileges, if the proper procedures — all spelled out on the back of the guest pass — are not strictly followed.

"It's all in the policy letter," Rivera said.

USAG Schweinfurt policy 5-10 is available at <http://www.schweinfurt.army.mil/sites/commander/policies/5-10.PDF>.



Sponsors must sign in and sign out guests within 24 hours. Proper procedures are spelled out on the back of the yellow passes.



Remembering...

Photo by Mark Heeter

This year marks the seventh since the attack on the World Trade Center, Pentagon, and the thwarted attempt on the White House. Schweinfurt, as a community that personally knows what true heroes can do, honored the sacrifices of the men and women who died during the attacks, as well as those who struggled to save them—the firefighters, police, and citizen volunteer—with a prayer breakfast Sept. 11 at the Conn Community Club.

Schweinfurt Simple precautions help curb lost, delayed mail

by **KIMBERLY GEARHART**
Bavarian News

Lost or delayed mail is a headache with which everyone can sympathize. Christmas presents that arrive in January or special packages that just never arrive can frustrate even the calmest of people.

For members of the U.S. military who move more frequently than most, mailing boxes ahead of a move is a standard practice. Many of those packages may become lost in the system as Soldiers move from station to station or as last-minute assignment changes occur.

The military postal service agency has instituted guidelines to reduce the occurrence of lost and dead mail

related to Soldier moves.

"You were always required to put your orders in packages when PCSing. If for some reason your address gets torn off of your package, we want to be able to find you," said Charles Jones, Schweinfurt postmaster.

Additionally, MPS suggests placing a standard-sized sheet of paper that details the sender and recipient addresses in a clearly legible hand inside every package. If a package becomes lost, it is forwarded to the nearest dead parcel office. Personnel are then authorized to open packages in an attempt to determine ownership, Jones said.

"If there is nothing in there with their names ... it is highly unlikely they'll ever recover that package,"

he added.

Jones also suggests using special mail services which help track and account for packages, such as insurance and certified or registered mail. Anything sent via MPS can be tracked just like packages using the postal service in the United States.

"Without one of these services, all we can do is wait" for mail to arrive, Jones said. If it never does, often the mailer must simply resend. In the case of purchases, the recipient is out the cost of the item.

If you have been waiting for more than 60 days for a package, the MPS agency has an e-mail servicing system which can help. For more information, visit <http://hqdainet.army.mil/mpsa/lostmail.htm>.

Don't abandon family pets

Story and photo by
KIMBERLY GEARHART
Bavarian News

Abandoned pets are often a problem during moving season in military communities. Pets that don't travel well are sometimes "set free" to fend for themselves.

With domesticated pets, such as the newly-named "Rowdy" pictured in adjacent photo, freedom can become a burden. Tame pets often are not equipped to deal with life in the wild.

"We were mowing the baseball field on Askren Manor, and she was sitting by the fence. She came right up to us," said Daniel Jones, Youth Sports program director, who is temporarily caring for the domesticated, brown and

white rabbit.

Jones noted that he considered calling the local tierheims, or animal shelters, to see if any of them could take the rabbit.

"But if it's someone's rabbit, they might not be able to get it back from the tierheim," he said. Jones went on to say that if Rowdy's owner should recognize her, they should call Jones's office at DSN 354-6822 or CIV 09721-96-6822.

Many pets do not need to be abandoned or taken to the tierheim, however, as customs guidelines for pet shipments don't stop with just cats and dogs.

To determine whether your furry family member can join you on the trip home, visit www.hqusareur.army.mil/opm/pets.htm.



Derek Walker, youth sports assistant, keeps an eye on "Rowdy" the rabbit.

Recycle centers issue precautionary rules for safe disposal

by **SANDRA WILSON**
Bavarian News

Most are aware that recycling saves the environment and in order to be proper stewards of our planet, we must learn to sort and dispose correctly. The Schweinfurt military community has access to three centers in various locations for disposal of recyclables: Askren Manor, Ledward Barracks, and Conn Barracks.

"By making it easier to recycle, we hope to encourage people to do it," Posey said. "For the most part, everyone is doing a good job. Pre-sorting before they come to the recycle center is very important because otherwise you waste

your time and everybody else's time," said Brad Posey, Separating or Recycling Trash coordinator for the USAG Schweinfurt.

A few rules of precaution are attached to the usage of the facilities to keep patrons safe when disposing their goods.

"It's better that parents don't send unaccompanied children to the recycle center," Posey said, explaining that, according to policy, children under age 9 should not carry bags alone to the centers.

"They want the kids to have some maturity level so that they don't drop the bags" somewhere other than the recycle center, said Eddi Sauer, USAG Schweinfurt garrison safety officer.

In addition, standard operating procedures prohibit anyone entering with skateboards, motorbikes, rollerblades, bicycles, or similar toys, devices, or vehicles.

"I remember one time seeing a little girl in there, and she was trying to walk up the steps to the (top) with rollerblades on—I mean, you are looking for disaster. If somebody falls there and breaks something, we're going to have a lot of questions to answer," Posey said.

In addition to safety, Posey emphasized that the recycle centers do not accept any regular trash. Regular trash should be disposed of in designated receptacles at each housing unit.

By keeping the facilities safe and free of

accidents, as well as by maintaining proper usage, the garrison can help the Schweinfurt military community do a better job of saving the planet.

"We like to encourage as many people as possible to use the recycle center. Conn is the place where we can dispose of just about anything. We will help you figure out where it goes," Posey said.

The Ledward recycle center is open Monday - Friday, 6 a.m. to 6 p.m. and Saturday from 9 a.m. - 5 p.m. Conn Barracks recycling center hours are 8 a.m. - 5 p.m., Monday through Friday and is closed Saturday and Sunday. The Askren center is open 6 a.m. to 8 p.m. Monday - Friday and 9 a.m. to 5 p.m. Saturday.

SPORTS SNAPSHOTS



Photos by Sandra Wilson

The PeeWee 6- and 7-year-old youth sports soccer teams play each Thursday at the Poplar Field on Askren Manor from 4-5:30 p.m. Come support your favorite team tomorrow and Oct. 16, 23 and 30. For information on how to sign up, call DSN 354-6822 or CIV 09721-96-6822.



Green Team's Pvt. Julius Davis tries to protect Pvt. Santos Delgado with the ball while Red Team Staff Sgt. Brent Adams (left) moves in and Staff Sgt. Jesse Reyes yanks off Delgado's flag. Red team Troop Anvil of 1st Squadron, 91st Cavalry Regiment competed against Forward Support Company, 15th Engineer Battalion Oct. 18 in unit-level flag football. Teams play at Gold Field on Conn Barracks every Wednesday and Thursday starting at 6 p.m. The garrison champion will be declared after the final game Oct. 24.

Breast cancer takes center stage

Health Care providers aim to educate, provide support during October

by **ISABEL TILZEY, RN**
Vilseck Health Clinic

Here we are in October again, and I'm starting to see women wearing their pink ribbons.

The pink ribbon is a symbol representing breast cancer awareness, and I for one will be wearing mine, especially during the Breast Cancer Awareness Walk Oct. 11 in Vilseck.

Who does it affect?

And while I proudly wear my pink ribbon, in the back of my mind I will be thinking about my good friend Mary, who fiercely fought breast cancer six years ago and is now cancer free. She's what's known as a Breast Cancer Survivor.

I will also think about the many other women I have met throughout my many military travels, and I'll wonder if they will be one of the more than 200,000 women estimated to be diagnosed with breast cancer this year.

I'll also wonder about the men. Yes, the men! They account for about 1 percent of the new cases of breast cancer. That's about 2,000 cases a year.

And, I'll think about myself. Though I have no family history of breast cancer, I am not obese, and I am not physically inactive, I do possess some of the risk factors which increase a woman's chances of developing breast cancer.

First and foremost, I'm a woman. I gave birth to my only child after the age of 30. I'm now older than 40. (There, I said it!)

An even greater revelation is that I'm on the swift downhill slope to approaching 50, and approximately 77 percent of women with breast cancer are 50 or older at the time of diagnosis.

I began my menstrual cycle before my 12th birthday (TMI?), and I can expect to have Ms. Menopause knocking on my door in the next couple of years.

So what's a gal to do?

I say, learn about this disease and do whatever can be done to

find it early. You hear tons of news about breast cancer, especially at this time of year, but what is it?

Well, it's the uncontrollable growth and spread of malignant cells in the breasts, and it's the second most common cancer diagnosed in women. Lung cancer is number one.

Approximately one out of every eight women will develop breast cancer — bad news. However, the mortality or death rates in the United States are declining due to earlier detection and improved treatment — very good news.

The early stages of breast cancer usually don't produce any symptoms, although the most common sign is a new lump or mass. Most breast lumps are benign, which means that they are not cancerous.

Signs and symptoms

When breast cancer does grow to the point where symptoms exist, these may include: swelling or a lump in or near the breast or under the arm; thick or firm tissue in or near the breast or under the arm; nipple discharge or tenderness; a nipple pulled back (inverted) into the breast; itching or skin changes such as redness, scales, dimples, or puckers; or, a change in the breast size or shape.

It's important to know that some of these changes may be due to other factors, such as lumpy breasts due to

dense glandular tissue, swelling of the breast due to hormonal changes during menstruation, or the nipple discharge actually being breast milk.

It would be wonderful to know exactly what causes breast cancer and how to prevent it. However, we don't know that yet.

We do know that the best protection we currently have against breast cancer is to detect it as early as possible, before it spreads to the lymph nodes, and to treat it promptly.

Detection and prevention

So, what can be done to detect



breast changes and possibly breast cancer?

How about trying the following three step approach?

1 Breast Self-Exams: An optional self-exam performed monthly starting at age 20, BSEs are a great way for a woman to become familiar with how her breasts normally feel so that she will know when there is a difference.

2 Clinical Breast Exam: Performed by a health care provider every three years if you are in your 20s and 30s, and every year if you are 40 or older.

3 Mammograms: An x-ray of the breast, it's currently the most effective way to detect breast cancer. It's used for screening (for a woman with no signs of breast cancer) and diagnosis (for a woman with breast changes).

Women 40 years and older should get a mammogram every one to two years. Women who have had breast cancer or with a family history of breast cancer may need to have mammograms done before age 40 or more often.

Learning self exams

If you don't know how to do a BSE, or you've never had a CBE, schedule a well-woman visit at your military health clinic.

Ask your health care provider to show you how to perform a BSE. And, if you fit into the category of women that should have a mammogram, call or visit your health clinic and request a referral for a mammogram.

You will be sent to a host nation preferred provider for the mammogram. For those of you that are frightened of having a mammogram, or worse yet, of getting care by a host nation preferred provider, fear not!

I've had yearly mammograms in the U.S. since the age of 35, and the care and education I received from the radiology department staff at Amberg Klinikum was by far the best ever.

What if?

So, you're now up to date about what to do to detect breast cancer early on. But, what do you do if you, your health care provider, and/or the

mammogram should happen to find any breast changes?

Well, there are follow-up tests which can be performed to accurately diagnose breast cancer. The most common are an ultrasound (uses sound waves to make a picture of the breast tissue) or a biopsy (removal of cells or tissues using either a needle or surgery).

If you are diagnosed with breast cancer, you can always get a second opinion before making

any decision. There are also many treatment options available, ranging from the surgical removal of a part of or the whole breast, to radiation, chemotherapy, hormonal, and even holistic treatments.

Know that with the support of your loved ones, your health care provider, and the many resources now available for breast cancer patients and their families, you can be on your way to becoming a Breast Cancer Survivor.

BSE is a tool that may help you learn what is normal for you. BSE includes looking at and feeling your breasts. If you notice any changes in your breasts, see your health care provider right away.



Step 1: Lying Down

Feel for changes:

- Lie down on your back with a pillow under your right shoulder
- Use the pads of the three middle fingers on your left hand to check your right breast
- Press using light, medium and firm pressure in a circle without lifting your fingers off the skin
- Follow an up and down pattern
- Feel for changes in your breast, above and below your collarbone and in your armpit
- Repeat on your left breast using your right hand

These steps may be repeated while bathing or showering using soapy hands.



Step 2: In Front of the Mirror

Look for changes:

- Hold arms at your side
- Hold arms over your head
- Press your hands on your hips and tighten your chest muscles
- Bend forward with your hands on your hips

Studies have shown that BSE used alone does not decrease mortality rates. Susan G. Komen for the Cure does not provide medical advice. ©2008 Susan G. Komen for the Cure®. Item No. 806-01301-EN, English 3/08

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Courtesy photo

Practitioner Partnership

Army doctors from the U.S. Army Health Clinic Vilseck hosted lunch and a clinic tour for 24 local Vilseck German providers from Amberg Hospital and Sulzbach-Rosenberg Hospital Sept. 19 during the Vilseck Clinic's Preferred Provider Network Event. This annual event fosters the continued good relationship between Tricare network German doctors and U.S. doctors in the military treatment facility.

Clinic Announcements

Isabel Tilzey, Community Health Nurse, and Tracy Svalina, Health Promotions Coordinator, will be guests of the **AFN Radio morning show** from 8-10 a.m. Monday. They will discuss breast cancer awareness tips, resources, and upcoming activities. Tune in at the following AM frequencies: Bamberg/Schweinfurt 1143, Hohenfels 1485, Grafenwoehr/Vilseck 1107 and FM for Katterbach 107.3 and Illesheim 104.9. Call DSN 476-3172 or CIV 09662-83-3172.

October is Breast Cancer Awareness Month! Join us Oct. 11 from 9-11 a.m. in the **5K Walk for Breast Cancer Awareness**, beginning at Bldg. 1108, Little Mike Softball Field of Vilseck Rose Barracks. Registration begins at 9 a.m. (there is no cost to participate) and the walk starts at 9:30 on the Rose Barracks Fitness Trail.

Information will be available on the breast self exam, mammogram testing, male breast cancer, as well as testicular & prostate cancer. For more information, call the Graf Physical Fitness Center at DSN 475-9007, CIV 09641-839007, or Vilseck Rose Barracks Fitness Center at DSN 476-2214 or 476-2998, CIV 09662-832214, or CIV 09662-832998.

Due to the medical needs of the returning 2d Stryker Cavalry Regiment Soldiers, the Vilseck Health Clinic will have **reduced services** during October and November. We will continue to provide some well-baby and well-woman appointments, but the majority of our appointment openings will be for same day, acute issues. We will continue to utilize our German providers to ensure good access for our patients. We apologize for the inconvenience this may cause, but we're very excited to be part of the welcome home for our returning Strykers!

Tours of local hospitals are conducted in English on a rotating basis; meet at 6:00 p.m. in the hospital's lobby. Expectant parents can visit Amberg Klinikum St. Marien (http://www.klinikum-amberg.de/index.php?klinikum_start&L=1) Oct. 9. Prof. Dr. Anton Scharl and Dr. Ines Erhardt will host a tour of the maternity ward, delivery rooms, neo-natal intensive care unit, and will be available to answer questions. Klinikum Weiden (http://www.eng.klinikum-weiden.de/general_information_1.htm) will host a tour on Oct. 8; and the Sulzbach-Rosenberg St. Anna Krankenhaus tour (<http://www.kh-as.de/>) will take place Nov. 6. For more information, call ACS at DSN 476-2650 or CIV 09662-83-2650.

Check out the Vilseck Health Clinic **Web site** and the new blog to keep up with current health happenings... <http://ermc.amedd.army.mil/MTFs/Vilseck/Vilseck.html>.

Commander talks deployment

continued from Page 1

“The real heart of the matter was socio-economic dislocation,” Kolenda said, detailing the absolute lack of infrastructure and systems to help the locals escape the grip of militants, who were well-funded and well-armed.

“The young men would listen to the militant leader and not the elders and the moderate mullahs, so the radicals really gained control of the military-age population. It’s hard to visualize, unless you’ve been there. There’s no business,” he said.

No health care system. No education system.

“The kids didn’t have notebooks or pens. They would write letters and numbers on a patch of dirt with a stick or at the one chalk board propped up against the tree. That’s the education system,” Kolenda said.

The call of the insurgent took hold.

“That is very compelling for these young men who have no other social or economic opportunity. The insurgency has all of the advantages with the people

in the state of the economy and to thrive,” Kolenda said.

The young men rose to fight for a number of reasons: some fought to support an ideology; others took up arms because their fathers had fought the Soviets; still others fought for sport.

One thread tied them together.

“The one commonality in all this is that they all fought for money,” Kolenda said.

This thirst for money led to a struggle between traditional power of the elders and village leaders versus the new power of the militants, he added.

The Americans took note of money splitting sharply those who wanted to fight and those who wanted to support the fledgling Afghan governments.

“The majority of (fighters) come from traditionally poor families,” he said. “As long as the elders could not compete with the socio-economic opportunity provided by fighting, then their power is going to continue to decline, and the power of the militant leaders is going to continue

to rise.”

As Kolenda put it, the powder keg was land, livestock and offspring (a traditional Afghan sign of socio-economic status) versus guns, money and violence.

This dangerous situation early in the deployment was compounded by broad, deep, and difficult animosities between and among districts, villages, and individuals, according to Kolenda.

“This culture is very difficult to penetrate in a way that you are able to understand the background behind the conflicts and the drama and the interpersonal, tribal, clan frictions,” he said, noting that Americans had an extra disadvantage – the requirement to remain objective.

“You’ve got all of these different groups that have all of these issues with one another, which leads to more and more friction. And if we’re not very, very careful they will draw us into that friction,” he said.

One other major obstacle – literally – presented additional challenges to the cavalrymen and their comrades.

“Those mountains are no joke,” he said. “The mountains don’t phase (the Afghans), because they’ve lived with them all their lives.”

Though they rose to the challenge, he said, negotiating those mountains was no easy task for his troopers.

“Walking up and down these mountains with, you know 70 to 100 pounds of gear is a significant emotional event,” he said. “It’s extraordinarily difficult and in some cases impossible.”

At the end of the day, though, the early stages of the Airborne Cav. deployment was devoted to driving back a determined enemy.

“Very well-trained, very well-armed, very good at what they do,” said Kolenda, recalling the first summer campaign that U.S. forces were ever in that treacherous area of Afghanistan.

“That’s what we walked into,” he said.

Look for Part 2: The Squadron Approach to Counterinsurgency in the Oct. 15 edition.

Annual RAD slated Oct. 25

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A Tricare representative will also be on-site. There will be a brief opening ceremony in the foyer of Bldg. 244 that will feature remarks by Grafenwoehr’s Garrison Commander Col. Chris Sorenson, and an update from the president of the Army Europe Retiree Council President Col. (Ret.) Robert Mentell.

On-site representatives will include DFAS-Retired Pay, the Federal Benefits Unit from the U.S. Consulate, Frankfurt (Department of Veterans Affairs and Social Security Administration), Legal Assistance, ID Cards, IACS, Passport Office, Customs, and the Army Post Office.

“Retiree Appreciation Day is a great support event,” said Grafenwoehr Retiree Council President retired Sgt. Maj. Dave Stewart.

“The Army is reaching out and showing its appreciation to the retired Soldiers and their families, and it is making sure retirees are aware of the benefits to which they’re entitled,” he said. “There’s also the chance that you may run into old friends and acquaintances. It’s the best time to share tips for living in Germany for the long haul, and you really hear some great stories at these events.”

Additionally, attendees can receive a tour of the installation and eat lunch at the large, modern dining facility.

“Many retirees fondly remember ‘going to the field’ in Graf, but it has undergone a remarkable transformation,” said Stewart. “The commissary and PX are the largest in Europe.”

All U.S. military retirees are invited to attend. Retirees can access the installation with their official ID card.

“However, if you do not have installation access due to a lost or expired ID, you may be signed onto the installation by an ID cardholder with sign-in privileges,” said Currie. “Also, certain services, such as Legal Assistance, Customs, IACS, medical and dental require valid ID cards.”

“This year Customs will not be issuing temporary customs cards for shopping, Retirees and widows must have an up-to-date customs authorization card to shop at AAFES and DECA facilities”

Once retirees enter the garrison and park their cars, shuttle buses will be available to transport attendees to the various locations. The Shuttle bus schedules will be included in the registration packet and note the designated bus stops.

For retirees traveling from long distances, lodging may be available at the installation’s Tower View Inn (CIV 09641-831-700), or Tower receptionists can provide a listing of off-post accommodations in close proximity. Attendees are responsible for making their own reservations.

The Grafenwoehr Retirement Services Office has also made arrangements for transportation from Berlin, Garmish and Munich to Grafenwoehr. Any retiree interested in taking the bus from these cities should contact retired Sgt. Maj. J.C. Moss in Berlin at CIV 0307-116-041, or the USAG Garmisch Public Affairs Office at CIV 08821-7501 for Garmisch and Munich.

For more information regarding Retiree Appreciation Day, contact the Grafenwoehr Retirement Service Office at DSN 475-8539, CIV 09641-838539 or e-mail usag.graf.rso@graf.eur.army.mil.

Proclamation to the USAG Grafenwoehr Community:

I call upon every Soldier, all families, and the total community to become part of the perfect combination for prevention. To reinforce that commitment, I hereby declare October 2008 is the Domestic Abuse Prevention Month at USAG Grafenwoehr Garrison.

Our USAG Grafenwoehr Garrison family depends on the four cornerstones of Army well being: to serve, to live, to connect, and to grow. Domestic abuse undermines Army well being.

We need all Soldiers, civilians, family members, and retirees at this installation to dedicate themselves to the prevention of domestic abuse. And we need the commitment of the community at large to collaborate with us in the prevention of domestic abuse. In this high-stress/up-tempo environment, we need our community to recognize:

- *The commitment Soldiers and family members are making every day.*
- *The strength of Soldiers comes from the strength of their families.*
- *The strength of families is supported by the strength of the community.*

The strength of the community comes from the support of employers, educators, civic and business leaders, and its citizens.

Our Army Community Service works everyday to build community partnerships that support the self-reliance, resiliency, and readiness of Soldiers and their family members during times of war and peace.

This is the power to prevent domestic abuse. Soldiers, families, and community; working together they form the perfect combination for prevention. In the USAG Grafenwoehr Garrison community, the Army Advocacy Program is charged with the mission of prevention. If you have questions, contact the Family Advocacy Program at DSN 476-2650 or CIV 09662-83-2650.

*Col. Chris Sorenson
Commander, U. S. Army
Garrison Grafenwoehr*



Photo by Alice Adler
Patricia Carrier of Child and Youth Services goes over some of the CYS programs with Chelsea Waite and Stephanie Cullison at the 2d Stryker Cavalry Regiment reintroduction fair Sept. 19 on Rose Barracks. The 2SCR is set to redeploy in the next several months.

Be aware of AAFES fuel card changes: no pumping without proper paperwork

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All U.S. Forces personnel who are stationed in Germany should be aware of this change since it will affect all who have been paying for fuel from AAFES stations and ESSO stations in Germany with fuel coupons.

This includes fuel for all privately owned vehicles and for all U.S. Government non-tactical vehicles. The new fuel ration card will provide conveniences and efficiencies that were not possible with fuel coupons.

At the same time, anyone who uses their fuel ration card incorrectly will be risking having to pay more than they expected for their fuel.

Transition from coupons to the fuel ration card in Germany means placing greater controls on transactions for fuel at AAFES and Esso stations.

The requirement for AAFES patrons to show their identification card, vehicle registration and fuel ration card before they can pump fuel at on-base filling stations prevents the individual from unknowingly or intentionally violating customs law and helps protect the overall benefit of being able to buy fuel in Germany at prices that are free of host nation duties and taxes.

Every Soldier, Sailor, Airman, Marine, and eligible U.S. civilian is responsible for using their fuel ration card properly after they’ve received it and activated it.

To ensure complete understanding of proper fuel card use, all U.S. personnel who are stationed in Germany or otherwise eligible for the fuel ration card should fully review all published information on fuel ration card implementation and use.

This includes all U.S. Forces and US State Department personnel who are either permanently stationed or on temporary duty in Germany and their family members with drivers licenses who are permanently stationed in Germany.

AAFES fuel coupons valid until Nov. 30, possible extension through December 31 still being worked

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to the new AAFES/ESSO Fuel Ration Card Program.

■ POL Coupons will be shipped by the Distribution Center until approximately Nov. 15 and should be sold at all AAFES-Europe facilities through Nov. 31.

■ Request your assistance to ensure that all AAFES associates engaged

in either selling POL coupons or fuel dispensing, are properly trained and are aware of this change in expiration date.

■ Customers can request refunds for unused POL coupons, with an expiration date of Sept. 30, 2008, as long as they are still attached to the original booklet, at any AAFES facility, until Sept. 30, 2009.

Soaring above the net

Lady Falcons hammer the competition

Story and photo by
MARY MARKOS
Bavarian News

The Vilseck High School volleyball team remains undefeated after beating Bamberg 3-0 (25-20, 25-11, 25-16), and Hohenfels and 3-1 (25-21, 22-25, 25-23, 25-17) in Bamberg Sept. 27.

The wins, however, highlight what might be the Lady Falcons' biggest challenge of the season.

While an increase in school population moved VHS into Division I this year, they will play the majority of their games against regional Div. II and III teams.

Div. I schools have 500 students or more, and include of all the teams across Europe.

Schools, however, compete regionally to decrease travel costs and the amount of time athletes will miss academic instruction and family time.

Regional play involves playing only those teams in the Bavarian region, regardless of school size.

Regional play leaves VHS playing only Heidelberg and Patch in Div. I.

Varsity Head Coach Brian Swenty said little play against other Div. I teams means little Div. I practice, putting them at a distinct disadvantage when they are pitted against other larger schools during playoffs.

"I'm not confident that we're going to get as much challenge as we'll need (during the regular season)... A school that has fewer than 210 kids is not going to push my girls to the limits they need to be pushed."

But Swenty, who transferred this year from Osan American High School, South Korea, says he has a solution for what ails this year's lopsided division play—community challenge.

No stranger to what makes a team successful, Swenty is seeking out and

organizing practice games against local community teams. He's hoping the extra practice will simulate Div. I play and give the girls a fighting chance during the playoffs.

He's also hoping the team will be able to develop and maintain the skills necessary to travel back from championship play – with the trophy.

Swenty, who led his team to a Far East Class A Championship victory last year and was named 2007 Coach of the Year by the Korean American Interscholastic Activities Council, is not short on hope, skills, or the makings of an excellent team.

Five returning Lady Falcons and three transfer students will round a solid 08 team.

Players to watch include returning middle blocker senior Ronda Fryel, middle blocker and outside hitter junior Najja Beaulieu-Hains, middle blocker and setter junior Angel Swann, and libero and defensive specialist sophomore Kimberlee Akuna.

Returning senior Anne Goho, an All-Conference 2007 team member, is "an all-around player that makes it happen simply because of who she is as a person," and middle blocker and outside hitter sophomore Anna Muzzy will be a server to watch, said Swenty.

"This is one of those 'once-every-five-years teams' in terms of leading by example," he said. "There are some here that I want to follow. They are that inspirational..."

But the inspiration is served from both sides of the net.

Swann, who transferred from Hanau, finds inspiration in Swenty's knowledge.

"We've gone over plays that I've never seen before in my years of playing... I thought there was only one way to play, but he has written on the board millions of different plays



Vilseck sophomore Anna Muzzy prepares to hammer a kill for a point Sept. 20 against Bamberg.

we can do," she said.

Goho agreed.

"He has taught us techniques... he has taught things I never thought I'd use in a game. He pushes us really hard, and he takes the time to teach us the correct technique," she said.

With lots of hard work, and a positive attitude, Swenty feels the Lady Falcons have a shot at the end-of-the-year prize.

"Our goal is to at least be in the

top three in our division. We've set an internal goal to try and play in the championship game in Europeans, but it doesn't necessarily have to be that way to be successful... but I think that is an achievable goal."

"No regrets" is another of Swenty's mottos.

"Hitching success or failure on winning or losing... is a lose-lose proposition," he said.

Whether or not their final destination

is championship play, the trip along the way should be worth making.

Family barbecues, team sleepovers, a newly designed Web page, and sending volleyball care packages to deployed family members will round out this year's off-the-court activities.

The Lady Falcons will travel to Bittburg this weekend. The true test will come Oct. 18 when Vilseck hosts Heidelberg for homecoming.

Youth Winter Sports Registration Information

October 1st - December 19th

Basketball
Cheerleading
Ages 3-15

Wrestling
Ages 6-14

for more information
call Central Registration
Rose Barracks: 09662-83-2760
Grafenwoehr: 09641-83-6656



Take Two



Photo by Jim Hughes

OUT OF REACH

Ansbach quarterback Dominic Barrale, a junior, outraces opponent to score a two-point conversion during the Cougars 48-8 thumping of the Aviano Saints Sept. 20. Barrale had a touchdown pass and three two-point conversions while leading the Cougar offense. The win was the defending Division II champion Cougars' 17th straight and set the team's 2008 record at 2-0. The Cougars downed the Patch Panthers Sept. 13 in their season opener 52-0, and continued the winning streak beating Hohenfels Sept. 27, 74-0.

HOHENFELS

Tigers suffer second straight loss

Story and photo by TROY DARR
USAG Hohenfels PAO

The Hohenfels Tigers football team lost their top players to graduation and permanent changes of station after taking the Division III South title last year.

After suffering a devastating second loss of the season in as many games, it was clear to Tigers Head Coach Ed Lynch that the focus for this year will be rebuilding.

In the first two games of the season the Tigers lost to the Sigonella Jaguars in Italy, 41-0, and to the Vicenza Cougars, 58-6, in their first home game.

The Tigers only score of the season so far came in the first quarter against the Cougars when quarterback Tim Salerno hit Miguel Chestnut with a 35-yard touchdown pass just a couple of plays after Salerno’s older brother Lucas recovered a Cougars fumble.

“The other team out finessed us, no doubt about that,” said Lynch. “We weren’t able

to oppose their air attack. Their quarterback kept his cool, and the coaching really made a difference.”

“We have six players on the team who have played before and maybe three or four of those were varsity,” said Lynch.

Cougars Head Coach Adam Ridgley attributed his team’s success to having a group of large seniors and a lot of hard work.

The Cougars next two games are against Baumholder and AFNorth which are the “cream of Division III,” he said.

The last two games of the season for the Tigers are scheduled for Saturday at home against Baumholder and the homecoming scheduled for Oct. 11 versus AFNorth.

“We’re going to work out a lot and spend a lot of time in the gym,” to prepare for the rest of the season, said Lynch.

The DoDDS-Europe Football Championships are scheduled for Oct. 25 and Nov. 1, probably in Baumholder, if Lynch and his team can somehow pull off a miracle.



Cougar Miguel Rosario makes a last ditch effort to stop Tiger Miguel Chestnut from crossing the goal line during the Tigers’ first home game of the season.

GARMISCH



Sweet, sweet victory!

Kurt Rager (right) celebrates after his wife, Capt. Elizabeth Talarico (left) sinks a putt for par during the U.S. Army Garrison Hohenfels Fall Golf Classic in Schmidmuehlen Sept. 12. Awards went to:

- 1st Place team:** Leonard Ingram, Fred Bryant, Willie Hickson, and Ethan Thompson
- 2nd Place team:** Joshua Rocha, Richard Beiter, Greg Fobell, and Jim Toohey
- 3rd Place team:** Paul Garrett, Jim McCall, Hugh Rhodes, and Henry Frankenberg
- Female longest drive:** Elizabeth Talarico
- Male longest drive:** JB Davis
- Female closest to the pin:** Ashley Keating
- Male closest to the pin:** Steve Estes

Before awards were announced, USAG Hohenfels’ Morale, Welfare, and Recreation thanked tournament sponsors Pond Security; Klinikum Neumarkt; Landgasthof Kellermeier; Service Center Segerer; Hirschen Hotels; Zum Hirschen, Parsberg; AUSA, Hohenfels Chapter; Landgasthof Schnaus; and Service Credit Union.

Photo by Michelle Bragg

GRAFENWOEHR

Grafenwoehr’s Terry Graham nabs physique gold

MWR news release

The Air Force won seven of nine divisions and captured the over all categories to highlight the annual U.S. Forces Europe Body Building, Physique and Figure Contests.

After the 10 poses rotating quarter turns and competitors showing front and back double biceps, lateral spreads, and triceps and most muscular poses, Spangdahlem’s Alejandra Goncalves and Ramstein’s Justin Houston were awarded the overall best female and male winners in the Figure and Bodybuilding contests, respectively.

In the women’s figure short class (5’5” and under), Goncalves rocked the house posing to the music of “Sweet Dreams (Are Made of This).” Goncalves edged out Mannheim’s Victoria O’Neil, the reigning queen.

The Ukraine-born O’Neil performed to the music “Simply the Best” by Tina Turner. The difference according to the Swiss judge was a “slight difference in muscle thickness and symmetry between the two competitors.”

Twenty-four year old Justin Houston of Ramstein brought his fans who cheered him on with his 90-second pose to the music of “Rock Star” by the Canadian band Nickleback. Houston has been training for five years.

Placing second as Best Male was Stuttgart Military Policeman Moses Henry assigned to Patch Barracks.

Landstuhl’s Sherri Kay Ribbing, a spry 43 year-old mother placed second in the physique contest.

The anesthetist assigned to the 67th FST (Airborne) unit performed a beach volleyball routine in a bikini. This was her first competition.

It was a night of entertainment for the fans. Two time World Boxing Champion and Olympic Super Heavyweight silver medalist, Riddick Bowe, was in attendance.

Senior Master Sgt. (selectee) Troy Saunders of Ramstein, a former winner of the U.S. Forces, Europe contest and is now a professional was the guest poser.

This past year in St. Louis, Mo., Saunders set U.S. Master’s Powerlifting Raw Man records in the squat, bench, and deadlift.

While the competitors performed, fans shouted out “I’ll take you to Burger King,” “Work it Girl,” and “Strut it!”

Women’s Figure Competition

- Short Class, (5’5” and Under)**
- 1st Alejandra Goncalves, Spangdahlem
 - 2nd Victoria O’Neil, Mannheim
 - 3rd Trini Uber, Ramstein
 - 4th Szu Moy Ruiz, Spangdahlem
 - 5th Marcie Ireland, Spangdahlem
 - 6th Milinda Slaughter, Ramstein
 - 7th Charlotta Blalock, Ramstein
 - 8th Ana Trinidad, SHAPE, Belgium

- Tall Class, (Over 5’5”)**
- 1st Ashley Teets, Ghedi, Italy AB
 - 2nd Sherri Kay Ribbing, Miesau

- Best Over All Women’s Figure**
- 1st Alejandra Goncalves, Spangdahlem AB
- Women’s Physique Contest**
- 1st Szu Moy Ruiz, Spangdahlem
 - 2nd Sherry Kay Ribbing, Landstuhl

Men’s Body Building Competition

- Lightweight Division (up to 165 lbs)**
- 1st Justin Houston, Ramstein AB
 - 2nd Curtis Berry, Mainz-Kastel
 - 3rd Brandon Butler, Stuttgart
- Middleweight Division (165.1 to 176 lbs)**
- 1st Christopher Williams, Aviano, Italy
 - 2nd Damon Dantzler, Stuttgart
 - 3rd Andy Spruill, Ramstein
- Light Heavyweight Div. (176.1-190 lbs)**
- 1st Moses Henry, Stuttgart
 - 2nd Recordo Demetrius, Landstuhl
- Heavyweight Division (190.1lbs and up)**
- 1st Terry Graham, Grafenwoehr
- Best Over-All Building Competition**
- 1st Justin Houston, Ramstein AB
- Men’s Physique Contest**
- 1st Terry Graham, Grafenwoehr
 - 2nd Andy Spruill, Ramstein
 - 3rd Roger Hickman, Mannheim



Terry Graham took first place in the USFE physique contest.